

# NLM's Online Playground: K-12 Health & Science Information Resources for Librarians, Teachers, Staff, Students & Parents

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# Agenda

- Introduction and Overview

- Resources

- MedlinePlus
- Career
- Medicine and Health
- Environmental Health
- Genomics/Genetics
- Additional

**Presentation resources**

<https://nnlm.gov/pnr/training/presentations>

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What's the difference?



# NN/LM



## National Network of Libraries of Medicine



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Pacific Northwest Region

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- » [Bringing Health Information to the Community](#) (BHIC blog)
- » [PNR Rendezvous](#) Join our free monthly webcast series on September 16.
- » [PNR Partners](#) Join our webinar series showcasing the work of our funding recipients November 12.
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## National Network of Libraries of Medicine (NN/LM) Pacific Northwest Region




Supporting collaboration among regional libraries, information centers, and community-based organizations in the states of [Alaska](#), [Idaho](#), [Montana](#), [Oregon](#), and [Washington](#).

The mission of the NN/LM is to enhance access to biomedical and health information for researchers, health professionals and the public. Located at the University of Washington, the Regional Medical Library for the NN/LM Pacific Northwest Region offers education programs, funding, and consultation to support research, health information services, resource sharing, community partnerships, and outreach in the region.

If your institution is not a member learn more about the benefits of membership and join now!


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### Featured NLM Resource

 U.S. National Library of Medicine

**TOXNET**

TOXNET Home > LactMed



**LactMed**  
A TOXNET DATABASE

### What is LactMed?

The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced.

Updates: [LactMed](#) is updated monthly.





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Supporting collaboration among regional libraries, information centers, and community-based organizations in the states of [Alaska](#), [Idaho](#), [Montana](#), [Oregon](#), and [Washington](#).

The mission of the NN/LM is to enhance access to biomedical and health information for researchers, health professionals and the public. Located at the University of Washington, the Regional Medical Library for the NN/LM Pacific Northwest Region offers education

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## Funding Opportunities and Resources

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### PNR Awards 2011 - 2016

Each year, the PNR funds subcontracts and awards to support network members and encourage outreach activities aligned with the [NN/LM mission](#).

Available Awards	Purpose	Funding	Submit Intent to Apply By	Application Deadlines
<a href="#">Express Outreach</a>	To improve use of quality online health information resources by priority populations, facilitate improved health literacy and to promote awareness and use of the products and services of the NLM and the NN/LM.	Up to \$15,000	N/A	Currently Closed
<a href="#">Medical Library Pilot Project</a>	To recognize and support emerging roles of the information professional through pilot or demonstration projects that explore or demonstrate innovative roles within their institution.	Up to \$15,000	N/A	Currently Closed
<a href="#">Regional Symposia</a>	To support Network members in planning and hosting regional symposia about issues and priorities of the NN/LM PNR Program.	Up to \$10,000	N/A	Currently Closed
<a href="#">Technology</a>	To enhance the capacity of a library or community organization to offer electronic health information services by supporting the purchase,	Up to \$10,000	N/A	Currently Closed

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### Provide Outreach

The NN/LM PNR equips and encourages Network members to extend their services and expertise to groups, agencies, and institutions beyond traditional reach. By developing and expanding collaborations, the Network works to accomplish its primary goals-to improve the public's access to health information to enable them to make informed decisions about their health, and to provide all health professionals with equal access to health information.

### What NN/LM PNR Can Do For You

- Provide consultation and support for you to [partner and collaborate](#) with local and regional community to provide health information. Assist with [planning and evaluating](#) outreach.
- [Provide training and professional development opportunities](#) so you can update your skills or learn new techniques in providing health information. We use the training resources to equip you to train your staff or clients regarding health information issues. Sessions cover a wide range of topics - from utilizing National Library of Medicine resources, evaluating health information for quality, and methods to measure your impact within your organization.
  - [Training Resources you can use:](#) including lesson plans, toolkits, brochures.
  - Trainers from the [National Training Center and Clearinghouse](#) come to the Pacific Northwest on a regular basis to offer training. The schedule of these classes along with classes to request from PNR staff and many of our class materials is available.
  - Here is a [calendar of events](#) listing where regional NN/LM staff will be offering training sessions or staffing exhibits throughout the region.

- [Provide funding](#) for health information outreach projects in your community. To find out about funding opportunities visit this page, which

# NLM K-12 Science and Health Education Resources

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

## Outreach Activities & Resources

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National Institutes of Health  
NLM

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**Announcements**  
See the Outreach Blog for the latest news!

[Connect with NLM](#)

### K-12 Science and Health Education

Working with teachers and scientific experts to provide FREE reliable resources to help introduce, reinforce, and supplement education programs.

**Get the latest news!**

**Biology**

**Careers**

**Disasters**

**Environmental Health Science/Chemistry**

**Forensics and Medical Technology**

**Games**

**General Health**

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**Health Information Tutorials**

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**Lesson Plans**

**Projects**

**Spanish-Language Resources**

PDF documents can be viewed with the free [Adobe® Reader](#)

# Health Resources

How do you  
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information?

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Google Search

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Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**  
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**  
Discover tutorials, health and surgery videos, games, and quizzes

 **Medical Encyclopedia**  
Articles and images for diseases, symptoms, tests, treatments

**Medical Dictionary from Merriam-Webster**  
 Look up in Dictionary **GO**



Could your diet use a splash of color?  
Our **Nutrition** page has ways to liven it up

1 2 3 4 II

**Today's Health News**

Could Lots of Time Spent on Social Media Be Tied to Depression?


Healthy Amount of Vitamin C Might Keep Cataracts at Bay

Kids' Fruit Drinks, Juices Contain Day's Worth of Sugar

[More health news](#)

**Clinical Trials**  
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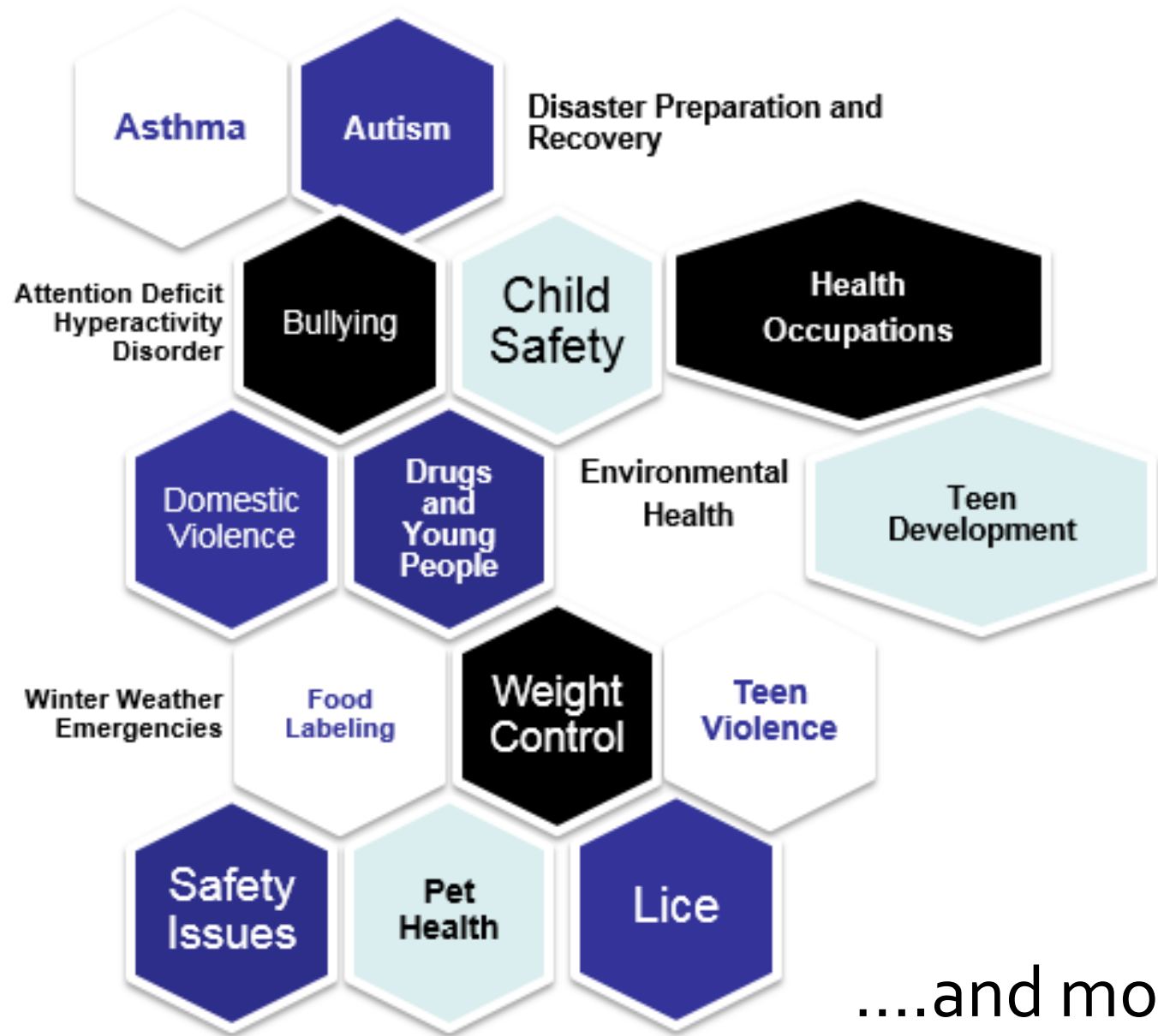
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Page last updated on 25 March 2016 URL for this page: <https://medlineplus.gov>


# MedlinePlus: Topics of Interest



....and more

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**Winter Weather Emergencies.**  
Stay warm and safe with help from **MedlinePlus**.  
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**Today's Health News**  
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[New Transplant Technique Might Free Type 1 Diabetics from Daily Injections](#)  
[Seniors Need to Take Extra Care in The Cold](#)  
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[Health Topics](#)
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Home → Health Topics → Autism Spectrum Disorder

**Autism Spectrum Disorder**  
Also called: ASD, Pervasive developmental disorders

**On this page**

**Basics**

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- [Latest News](#)
- [Symptoms](#)
- [Diagnosis and Tests](#)
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**Research**

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**Summary**

Autism spectrum disorder (ASD) is a neurodevelopmental disorder that begins in childhood and lasts throughout a person's life. People with ASD communicate, and learn. It includes what are called developmental disorders.

It is called a "spectrum" disorder because the symptoms vary from person to person. Some people with ASD might have problems talking with others. They may also have restricted interests. Some people have trouble putting things in order, or they may say things that don't make sense to be in their "own world."

At well-child checkups, the health care provider will look for signs of ASD. Your child will have a comprehensive physical exam and do various tests and evaluations to make sure there are no other health problems.

The causes of ASD are not known. Research is ongoing to learn more about its important roles.

There is currently no one standard treatment for ASD. The goal is to help the child's ability to grow and learn new skills. Starting early with behavior and communication therapies, such as speech therapy, can help.

<https://www.nlm.nih.gov/medlineplus/ency/article/002163.htm> - Medical Encyclopedia

(National Institute of Neurological Disorders and Stroke) - Short Summary  
Available in Spanish

**Latest News**

- [More Evidence Preterm Birth Could Raise Autism Risk](#) (01/21/2016, HealthDay)
- [Study: Extremely Premature Babies At Greater Risk for Autism](#) (12/28/2015, HealthDay)
- [Scientists Link Brain Chemical to Autism](#) (12/17/2015, HealthDay)
- [More News on Autism Spectrum Disorder](#)

**Symptoms**

- [Signs and Symptoms of Autism](#) (Centers for Disease Control and Prevention)

**Diagnosis and Tests**

- [Autism Screening and Diagnosis](#) (Centers for Disease Control and Prevention)

**Treatments and Therapies**

- [Autism Spectrum Disorder \(ASD\): Treatment](#) (Centers for Disease Control and Prevention)
- [Medication Treatment](#) (National Institute of Child Health and Human Development)
- [Therapies for Children With Autism Spectrum Disorder](#) (Agency for Healthcare Research and Quality) Available in Spanish
- [What Are the Treatments for Autism Spectrum Disorder \(ASD\)?](#) (National Institute of Child Health and Human Development) Available in Spanish

**Living With**

- [Autism Spectrum Disorders \(ASD\) and Diet](#) (Academy of Nutrition and Dietetics)
- [Autism through the Lifespan](#) (Autism Society)
- [Family Issues](#) (Autism Society)
- [Occupational Therapy's Role with Autism](#) (American Occupational Therapy Association) - PDF

**Related Issues**

- [Asperger Syndrome and High Functioning Autism Tool Kit](#) (Autism Speaks) - PDF
- [Autism Spectrum Disorder \(ASD\): Related Topics](#) (Centers for Disease Control and Prevention)
- [Communication Problems in Children with Autism Spectrum Disorder](#) (National Institute on Deafness and Other Communication Disorders)
- [Individualized Education Plans \(IEPs\) \(For Parents\)](#) (Nemours Foundation) Available in Spanish
- [Is There a Connection Between Vaccines and Autism?](#) (Nemours Foundation) Available in Spanish
- [Why Are Autism Spectrum Disorders Increasing?](#) (Centers for Disease Control and Prevention)

**Specifics**

**Diagnosis, Treatment & Research**


[Dan Marino Helping Those with Autism Spectrum Disorders](#)

[What Are Autism Spectrum Disorders \(ASD\)?](#)

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our [disclaimer](#) about external links and our quality guidelines.




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Health Topics

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Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention. Health topics are regularly reviewed, and links are updated.

Find topics A-Z

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K


Body Location/Systems


Blood, Heart and Circulation


Bones, Joints and Muscles


Brain and Nerves


Digestive System


Ear, Nose and Throat


Endocrine System


Eyes and Vision


Immune System


Kidneys and Urinary System

Lungs and Breathing

Mouth and Teeth

Skin, Hair and Nails

Female Reproductive System

Male Reproductive System

Dis

Ca

Dis

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Drugs & Supplements

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Children and Teenagers

Abuse see Child Abuse

Acromegaly see Growth Disorders

ADD see Attention Deficit Hyperactivity Disorder

Adenoidectomy see Tonsils and Adenoids

Adenoids see Tonsils and Adenoids

ADHD see Attention Deficit Hyperactivity Disorder

Adolescent Development see Teen Development

Adolescent Health see Teen Health

Adolescent Pregnancy see Teenage Pregnancy

Adoption

Alcohol and Youth see Underage Drinking

Asperger Syndrome see Autism Spectrum Disorder

Asthma in Children

Attention Deficit Hyperactivity Disorder

Autism see Autism Spectrum Disorder

Autism Spectrum Disorder

Baby Care see Infant and Newborn Care

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Bedwetting

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Birth Weight


Body Art see Piercing and Tattoos

Bronchitis see Respiratory Syncytial Virus Infections

Bullying

Cancer in Children

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Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

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- Symptoms
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Learn More

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See, Play and Learn

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Research

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Resources

- Find an Expert

For You

- Children
- Teenagers
- Patient Handouts

Summary


Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them. They may also have restricted interests and repetitive behaviors. They may spend a lot of time putting things in order, or they may say the same sentence again and again. They may often seem to be in their "own world."

At well-child checkups, the health care provider should check your child's development. If there are signs of ASD, your child will have a comprehensive evaluation. It may include a team of specialists, doing various tests and evaluations to make a diagnosis.

The causes of ASD are not known. Research suggests that both genes and environment play important roles.

There is currently no one standard treatment for ASD. There are many ways to increase your child's ability to grow and learn new skills. Starting them early can lead to better results. Treatments include behavior and communication therapies, skills training, and medicines to control symptoms.



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MEDICAL ENCYCLOPEDIA

Asperger syndrome

Autism

Childhood disintegrative disorder

Related Health Topics

Child Behavior Disorders

Child Development


Fragile X Syndrome

National Institutes of Health

# MedlinePlus

## Children's Health

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### Children's Health




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<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Reference Desk</li><li>Find an Expert</li><li>Finance and Policy</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Patient Handouts</li></ul>

### Summary

Your child's health includes physical, mental and social well-being. Most parents know the

## Teen Health

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[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

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### Teen Health

Also called: Adolescent health




**On this page**

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<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Reference Desk</li><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>No links available</li></ul>

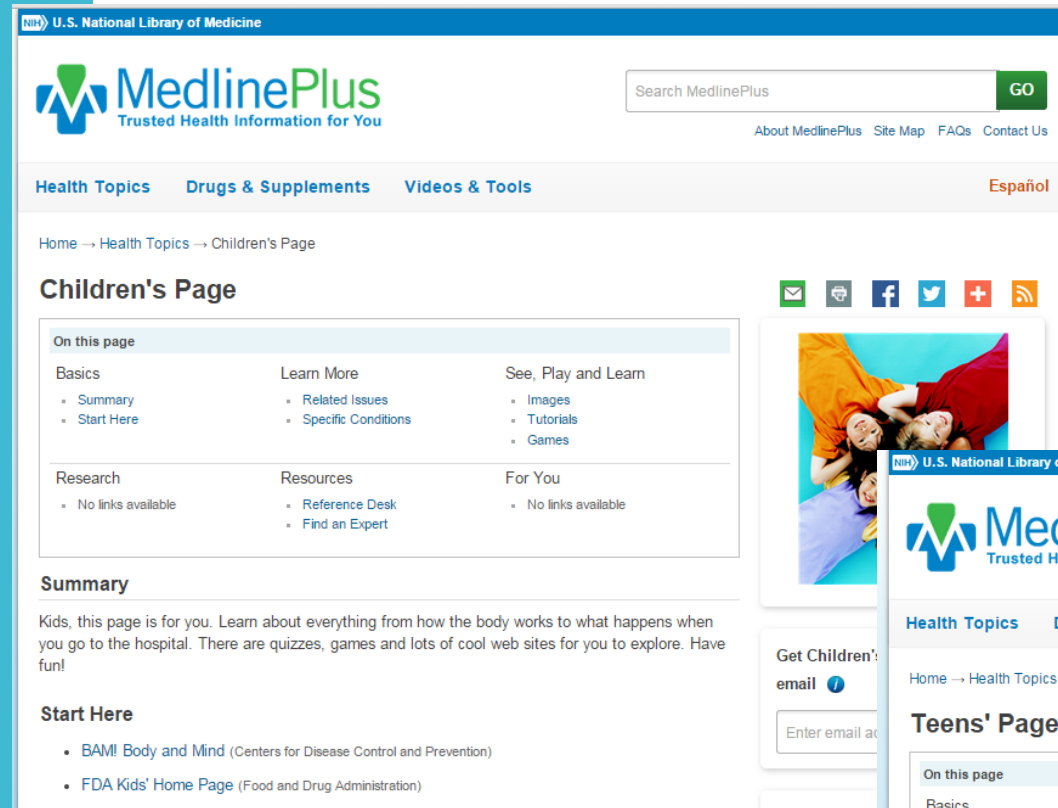
**Summary**

As a teenager, you go through many changes. Your body is on its way to becoming its adult size. You may notice that you can't fit into your old shoes or that your jeans are now 3 inches too short. Along with these changes, you are probably becoming more independent and making more of your own

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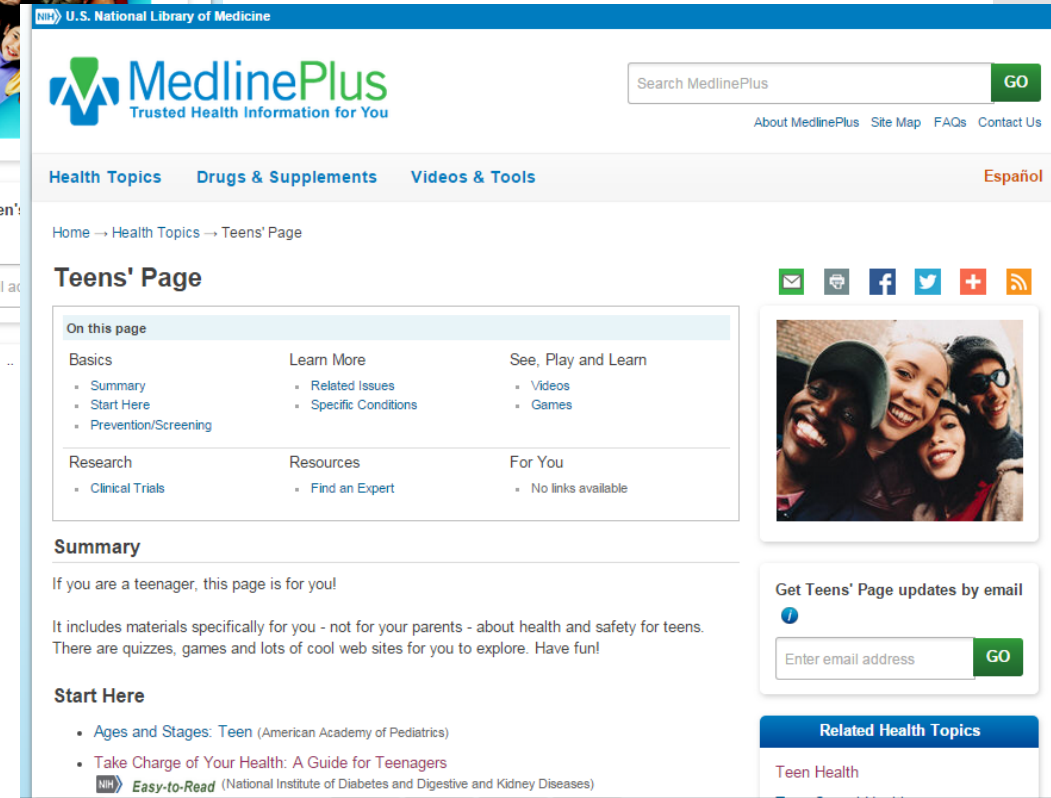
# For Children

# MedlinePlus



The screenshot shows the MedlinePlus website's 'Children's Page'. The header includes the NIH logo, the MedlinePlus logo with the tagline 'Trusted Health Information for You', a search bar, and navigation links like 'About MedlinePlus', 'Site Map', 'FAQs', and 'Contact Us'. Below the header, there are tabs for 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools', along with a language selector for 'Español'. The main content area is titled 'Children's Page' and includes a breadcrumb trail: 'Home → Health Topics → Children's Page'. A section titled 'On this page' contains three columns of links: 'Basics' (Summary, Start Here), 'Learn More' (Related Issues, Specific Conditions), and 'See, Play and Learn' (Images, Tutorials, Games). Below this, there are sections for 'Research' (No links available), 'Resources' (Reference Desk, Find an Expert), and 'For You' (No links available). A 'Summary' section follows, stating: 'Kids, this page is for you. Learn about everything from how the body works to what happens when you go to the hospital. There are quizzes, games and lots of cool web sites for you to explore. Have fun!'. A 'Start Here' section lists two links: 'BAM! Body and Mind (Centers for Disease Control and Prevention)' and 'FDA Kids' Home Page (Food and Drug Administration)'. On the right side, there are social media icons and a 'Get Children's email' sign-up box.

# For Teens



The screenshot shows the MedlinePlus website's 'Teens' Page'. The header is identical to the Children's page, featuring the NIH logo, MedlinePlus logo, search bar, and navigation links. The main content area is titled 'Teens' Page' with a breadcrumb trail: 'Home → Health Topics → Teens' Page'. A section titled 'On this page' contains three columns of links: 'Basics' (Summary, Start Here, Prevention/Screening), 'Learn More' (Related Issues, Specific Conditions), and 'See, Play and Learn' (Videos, Games). Below this, there are sections for 'Research' (Clinical Trials), 'Resources' (Find an Expert), and 'For You' (No links available). A 'Summary' section follows, stating: 'If you are a teenager, this page is for you! It includes materials specifically for you - not for your parents - about health and safety for teens. There are quizzes, games and lots of cool web sites for you to explore. Have fun!'. A 'Start Here' section lists three links: 'Ages and Stages: Teen (American Academy of Pediatrics)', 'Take Charge of Your Health: A Guide for Teenagers', and 'Easy-to-Read (National Institute of Diabetes and Digestive and Kidney Diseases)'. On the right side, there are social media icons, a 'Get Teens' Page updates by email' sign-up box, and a 'Related Health Topics' section with a link to 'Teen Health'.

# Drug Information



[Health Topics](#)   [Drugs & Supplements](#)   [Videos & Tools](#)

[Home](#) → [Drugs, Herbs and Supplements](#)

## Drugs, Herbs and Supplements

[Drugs](#)



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National Center for  
Complementary and  
Integrative Health

*NIH...Turning Discovery Into Health*

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[Health Info](#)

[Research](#)

**Herbs at a Glance**



**U.S. Food and Drug Administration**  
Protecting and Promoting *Your* Health






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### Health Topics

Find information on health, wellness, disorders and conditions



### Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



### Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



### Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

[Medical Dictionary from Merriam-Webster](#)

GO

### Today's Health News

Melanoma Strikes Earlier If Indoor Tanning Begins in Teens

New Transplant Technique Might Free Type 1 Diabetics from Daily Injections

Seniors Need to Take Extra Care in The Cold

[More health news](#)

### Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

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Page last updated on 28 January 2016 URL for this page: <https://medlineplus.gov>




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[Home](#) → [Videos & Tools](#)

## Videos & Tools



Watch health videos on topics such as anatomy, body systems, and surgical procedures. Test your knowledge with interactive tutorials and games. Check your health with calculators and quizzes.



### Health Videos

View videos of anatomy and body systems and how diseases and conditions affect them.



### Surgery Videos

Find videos of operations and surgical procedures.



### Health Check Tools

Check your health with interactive calculators, quizzes and questionnaires.



### Games

Boost your health knowledge by playing interactive health games.

### Search all Videos & Tutorials

GO

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[Evaluating Health Information](#)

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Page last updated on 6 January 2016

# MedlinePlus

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Home → About MedlinePlus → Information for Librarians and Trainers

## Information for Librarians and Trainers



The goal of MedlinePlus is to bring appropriate, authoritative health information to those who need it. We appreciate your efforts in training people on how to use MedlinePlus. Here are some training resources which might help you with your classes and health fairs.

### Resources for Teaching MedlinePlus

#### MedlinePlus Tour

- MedlinePlus Tour in [English](#) and [Spanish](#) - A narrated tour of the main features of MedlinePlus. The video runs about 2.5 minutes.

#### MedlinePlus Brochures

- MedlinePlus PDF Brochure - in [English](#) (updated May 2015) and [Spanish](#) (updated May 2015)
- MedlinePlus PDF Brochure in [Creole](#) (updated October 2010)
- [MedlinePlus for Health Professionals](#) PDF Brochure (updated July 2015)
- [MedlinePlus Connect](#) PDF Brochure (updated June 2014)
- [MedlinePlus XML Data Sources](#) PDF Brochure (updated December 2013)

#### About MedlinePlus


- [Articles about MedlinePlus](#)
- [Citing MedlinePlus FAQ](#)
- [E-mail Updates](#) – Sign up to receive emails containing links to new topics, new sites, and health news.
- [MedlinePlus FAQs](#)
- [MedlinePlus Quality Guidelines](#)
- [MedlinePlus Search Tips](#)


### Resources for Teaching How to Find Health Information Online

#### General

- [Evaluating Internet Health Information: A Tutorial from the National Library of Medicine](#) (download)
- [Finding Accurate and Reliable Health Information on the Internet](#) - PDF (University of Minnesota Health Sciences Libraries)
- [Finding Quality Health Information on the Web: A Tool Kit](#) (University of Washington Center for Public Health Nutrition)
- [MedlinePlus Guide to Healthy Web Surfing](#)
- [MedlinePlus Page: Evaluating Health Information](#)
- [MedlinePlus Page: Understanding Medical Research](#)


# MedlinePlus





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332 Photos and videos




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People 60 years or older should get the [#shingles](#) vaccine. Learn more details from [@CDCgov](#): [1.usa.gov/1JyjDcl](https://www.cdc.gov/1JyjDcl)



9 2








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New study suggests using tanning beds at a young age significantly raises risk of

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-  **NIH** @NIH
-  **healthfinder.gov** @healthfinder
-  **NLM** @nlm\_news
-  **CDC** @CDCgov
-  **Harvard Health** @HarvardHealth

Trends

- [#KanyeAnalPlaylist](#)
- [#FridayFeeling](#)
- [Nemanja Vidic](#)
- [#FlashbackFriday](#)
- [#ChallengeAcceptedOnCC](#)
- [#ETGBS](#)
- [Murray](#)
- [Jacques Rivette](#)
- [Game 7](#)



# NLM K-12 Twitter & Newsletter



**NLM K12 Sci Edu**  
@NLM\_K12

Health and science education resources for teachers. From the National Library of Medicine. RT are not endorsements.  
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National Library of Medicine  
[sis.nlm.nih.gov/outreach/k12.h...](https://sis.nlm.nih.gov/outreach/k12.html)  
Joined September 2010

14 Photos and videos



TWEETS 1,415 FOLLOWING 149 FOLLOWERS 141 LIKES 67

Tweets Tweets & replies Photos & videos

- NLM K12 Sci Edu** @NLM\_K12 · Jan 28  
Attn Teachers! A witty animation to engage students about the topic Mercury. #mercury #science [go.usa.gov/cEbDA](https://go.usa.gov/cEbDA)
- NLM K12 Sci Edu** @NLM\_K12 · Jan 23  
K12 teachers here is an animation that explains #lead exposure "Silent but Deadly": [go.usa.gov/cUmMQ](https://go.usa.gov/cUmMQ) #Flint
- NLM K12 Sci Edu** @NLM\_K12 · Jan 23  
Want to make science relatable to students? This lesson plan on bottle water vs tap water in schools can help! [go.usa.gov/3xQ9Q](https://go.usa.gov/3xQ9Q)
- NLM K12 Sci Edu** @NLM\_K12 · Jan 22  
Teaching about runoff, impervious surfaces and smart development? Here's a lesson plan on it [go.usa.gov/3xQ83](https://go.usa.gov/3xQ83)
- NLM K12 Sci Edu** @NLM\_K12 · Jan 22  
Keep your students safe! Share this information on carbon monoxide. [go.usa.gov/cPY4d](https://go.usa.gov/cPY4d) #carbonmonoxide #snow
- NLM K12 Sci Edu** @NLM\_K12 · Jan 22  
How can #Methane affect my health? Los Angeles residents find out

U.S. National Library of Medicine

## Education Connection

Working with teachers and scientific experts to provide **FREE** reliable resources for the classroom

### Bring Gaming to Your Science Classroom

The use of gaming in the classroom provides a new medium for teachers to introduce or reinforce key concepts in the curriculum. How to incorporate this new medium seems to have taken online webinars for teachers by storm. Yet are there enough online games that both engage students and provide a real opportunity to learn? Over the summer, the NLM had the opportunity to work with a high school teacher to create two pilot iOS game apps. This was our first attempt to map a gaming app to curriculum objectives taught in high school science. Both games include attractive game design and interactive gameplay, and offer teachers the opportunity to "pause" the game at various times for "teachable moments". Your students will love taking a break from whiteboards and lectures to try their hand at these fun yet educational games.

#### Bohr Thru: A trip through the first 18 elements

In this game, students become familiar with the number of protons, neutrons, and electrons necessary to build each of the first 18 elements. With the help of "Atom", the game's main character, students learn fun and interesting facts about the chemical elements. To reinforce content during game play, students can earn "power-ups" when they successfully add electrons to complete Bohr Models for an element. Click [here](#) to download this FREE app!

#### Base Chase: "A" is to "T" as "G" is to "C"

The basic goal of this game is to reinforce matching bases and the importance these pairs play in the development of a species DNA. The game uses a jumping mechanic to collect different animals found within the African Savanna. After a player has matched enough DNA the animal appears along with "DeeNA", a whimsical DNA strand character that delivers important information concerning DNA. Click [here](#) to download this FREE app!

In addition to these two games, a third game created for our K-12 community involves the reinforcement of concepts that relate to greenhouse gas reduction, the use of renewable energies, and the value of green product purchases.

[Don't Green Help to Keep our Environment Clean](#)

### About Us

The NLM K-12 team is part of the National Library of Medicine Outreach and Special Populations Branch. Teachers and students have been identified as a special population group that can benefit from the science and health information we provide.

If you have questions regarding our outreach effort to this community or any other outreach effort, please contact us at: [teripeter@nlm.nih.gov](mailto:teripeter@nlm.nih.gov)


\*\*\*\*\*

### Meet the K-12 Team

Gale Dutcher  
Janice Kelly  
All Keselman



# MedlinePlus



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Health Topics   Drugs & Supplements   Videos & Tools Español

Home → Health Topics → School Health

## School Health

On this page

Basics

- Summary
- Start Here
- Latest News
- Prevention and Risk Factors

Learn More

- Related Issues
- Specifics

See, Play and Learn

- No links available

Research

- Statistics and Research
- Journal Articles

Resources

- Find an Expert

For You

- Children
- Teenagers

### Summary

Your child spends more time at school than anywhere else except home. Schools can have a major effect on children's health. Schools can teach children about health, and promote healthy behaviors. Physical education classes give children a chance to get exercise.







Schools work to


- Prevent risky behaviors such as alcohol and tobacco use, or bullying
- Encourage healthy habits like exercise and healthy eating
- Deal with specific health problems in students, such as asthma, obesity and infectious diseases


The school building and environment should be a safe and healthy place for your child.

### Start Here

- New!** [Healthy Schools](#) (Centers for Disease Control and Prevention)
- [Safe Youth. Safe Schools.](#) (Centers for Disease Control and Prevention)



NCIMichaelAnderson

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Related Health Topics

[Bullying](#)  
[Child Safety](#)  
[College Health](#)

NIH MedlinePlus Magazine

[Asthma and Schools](#)

# Using This Information

## Flu

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Home → Health Topics → Flu

### Flu

Also called: Gripe, Influenza

On this page

<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Latest News</li><li>Symptoms</li><li>Diagnosis and Tests</li><li>Prevention and Risk Factors</li><li>Treatments and Therapies</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>Living With</li><li>Related Issues</li><li>Specifics</li></ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"><li>Images</li><li>Health Check Tools</li></ul>
--	--	--

**Research**

- Statistics and Research
- Clinical Trials
- Journal Articles

**Resources**

- Find an Expert

**Summary**

Flu is a respiratory infection caused by a number of viruses. The viruses enter your body through your nose or mouth. Between 5% and 20% of people get the flu each year. The flu can be serious or even deadly for elderly people, newborns, and people with chronic illnesses.

Symptoms of the flu come on suddenly and are worse than those of a cold. Symptoms include:

- Body or muscle aches
- Chills





SUNDAY, JULY 17, 2016

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# FLU.GOV

Know what to do about the flu.

SEARCH

Symptoms & Treatment Prevention & Vaccination Who's At Risk About the Flu Planning & Preparedness Pandemic Awareness

## Flu Symptoms & Severity

The flu is different from a cold and can cause mild to severe illness. Most people will recover from the flu in less than 2 weeks, but some will develop complications. [Learn more about flu symptoms and those who are at high risk from the flu.](#)



### Avian Flu in Poultry



- [Current threat to poultry in the US \(USDA\)](#)
- [Avian flu in birds \(CDC\)](#)
- [Avian flu surveillance and preparedness \(USDA\)](#)

### About the Flu (CDC)



- [When is flu season? \(CDC\)](#)
- [How do I protect myself from the flu?](#)
- [What are the symptoms? \(CDC\)](#)

### Children & Infants (CDC)



- [Why are children at high risk? \(CDC\)](#)
- [Nasal spray vaccine in children 2-8 years old \(CDC\)](#)
- [Where can I get the vaccine?](#)

### Pregnant Women (CDC)



- [What you need to know about the flu \(CDC\)](#)
- [Preventing the flu during your pregnancy \(CDC\)](#)
- [How would you know if you have the flu? \(CDC\)](#)

# Using This Information

## Athletic Injuries

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Home → Health Topics → Head Injuries

### Head Injuries

Also called: Cranial injuries, Skull fractures, Skull injuries

On this page	Learn More	See, Play and Learn
<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Diagnosis and Tests</li><li>Prevention and Risk Factors</li><li>Treatments and Therapies</li></ul>	<ul style="list-style-type: none"><li>Specifics</li></ul>	<ul style="list-style-type: none"><li>Health Check Tools</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li><li>Teenagers</li><li>Patient Handouts</li></ul>

#### Summary

Chances are you've bumped your head before. Usually, the injury is minor because your skull is hard and it protects your brain. But other head injuries can be more severe, such as a skull fracture, concussion, or traumatic brain injury.

Head injuries can be open or closed. A closed injury does not break through the skull. With an open, or penetrating, injury, an object pierces the skull and enters brain tissue. Closed injuries are not always less severe than open injuries.

Some common causes of head injuries are falls, motor vehicle accidents, violence, and sports injuries.

It is important to know the warning signs of a moderate or severe head injury. Get help immediately if the injured person has

- A headache that gets worse or does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- An inability to wake up
- Dilation of one or both pupils of the eyes
- Slurred speech
- Weakness or numbness in the arms or legs
- Loss of coordination
- Increased confusion, restlessness, or agitation

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**MEDICAL ENCYCLOPEDIA**

Cranial CT scan  
Head injury - first aid  
Preventing head injury  
Skull fracture  
Skull x-ray

**Related Health Topics**

Concussion  
Traumatic Brain Injury

MedlinePlus links to information from the

NIH U.S. National Library of Medicine

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Home → Health Topics → Sports Injuries

### Sports Injuries

On this page	Learn More	See, Play and Learn
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<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li><li>Teenagers</li><li>Men</li><li>Patient Handouts</li></ul>

#### Summary

Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise. Accidents, poor training practices, or improper gear can cause them. Some people get hurt because they are not in shape. Not warming up or stretching enough can also lead to injuries.

The most common sports injuries are

- Sprains and strains
- Knee injuries
- Swollen muscles
- Achilles tendon injuries
- Pain along the shin bone
- Rotator cuff injuries
- Fractures
- Dislocations

If you get hurt, stop playing. Continuing to play or exercise can cause more harm. Treatment often begins with the RICE (Rest, Ice, Compression, and Elevation) method to relieve pain, reduce swelling, and speed healing. Other possible treatments include pain relievers, keeping the injured area from moving, rehabilitation, and sometimes surgery.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

**Start Here**

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**MEDICAL ENCYCLOPEDIA**

Achilles tendon repair  
ACL reconstruction  
Acute mountain sickness  
Back pain and sports  
Concussion  
How to avoid exercise injuries  
Lactic acidosis  
Medial epicondylitis - golfer's elbow  
Osgood-Schlatter disease  
Returning to sports after a back injury

# Using This Information

## Internet Safety

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Health Topics Drugs & Supplements Videos & Tools **Español**

Home → Health Topics → Internet Safety

### Internet Safety

#### Summary

For most kids and teens, technology is an important part of their lives. They browse the Web for information, use social networking sites, text, and chat. But there can also be dangers, and it is important for parents to monitor their children's use and teach them how to be safe online:

- Never give out personal information, such as your full name, address, phone number, or school name
- Tell an adult if any communication (chat, text, e-mail message) makes you feel threatened or uncomfortable
- Never send sexually explicit photographs or messages
- On social networking sites, use privacy controls and only friend people that you know

Of course, some of this advice is good for adults, too.

#### Latest News

- Kids Find Help for Anorexia More Often Than 'Pro-Ana' Posts on YouTube (12/16/2015, HealthDay)

#### Resources

- Chat, E-Mail, Web, and Chat Room Slang and Acronyms (American Academy of Pediatrics)
- Cyberbullying (Health Resources and Services Administration)
- Cyberbullying (National Crime Prevention Council)
- Friend Finder (Federal Trade Commission)
- Net Cetera: Chatting with Kids about Being Online (Federal Trade Commission) - PDF
- Parent's Guide to Internet Safety (Federal Bureau of Investigation)
- Sexting: What Parents Need to Know (Nemours Foundation)
- Talking to Kids and Teens About Social Media and Sexting (American Academy of Pediatrics)
- Teaching Kids to Be Smart About Social Media (Nemours Foundation)
- Understanding Mobile Apps (Federal Trade Commission)

#### Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

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**OnGuardOnline.gov**

STOP THINK CONNECT

Avoid Scams Secure Your Computer Protect Kids Online Be Smart Online Video and Media OnGuard Online Blog

### Blog

#### Report identity theft and get a personal recovery plan at IdentityTheft.gov

January 28, 2016  
by Nicole Fleming  
Consumer Education Specialist, FTC

Millions of people are affected by identity theft each year. It might start with a mysterious credit card charge, a bill you don't recognize, or a letter from the IRS that says you already got your refund — even though you didn't.

... Read More

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- ▶ Educators
- ▶ Parents
- ▶ Techies
- ▶ Small Business
- ▶ Military
- ▶ Kids

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Chatting with Kids About Being Online

#### Avoid Scams

- ▶ Hacked Email
- ▶ Tech Support Scams

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- ▶ Kids, Parents, and Video Games
- ▶ Kids and Mobile Phones

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#### Be Smart Online

- ▶ Understanding Mobile Apps
- ▶ Tips for Using Public Wi-Fi Networks

#### Secure Your Computer

- ▶ Securing Your Wireless Network
- ▶ Malware

#### Stay Connected

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# Using This Information

## Bullying

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### Bullying

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<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li><li>Teenagers</li></ul>

#### Summary

Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.

Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime.

*Centers for Disease Control and Prevention*

#### Start Here

- [Bullying](#) (National Institute of Child Health and Human Development)
- [Bullying: It's Not OK](#) (American Academy of Pediatrics)
- [Dealing with Bullies](#) (Nemours Foundation)  
Available in [Spanish](#)
- [Helping Kids Deal with Bullies](#) (Nemours Foundation)  
Available in [Spanish](#)
- [What Is Bullying?](#) (Health Resources and Services Administration)

#### Latest News

MedlinePlus information from the U.S. Department of Health and Human Services, National Institutes of Health, and other federal government agencies. For more information, visit [MedlinePlus.gov](#) or [NIH.gov](#). Web sites. See external links for more information.

Get Bullying Info

Enter email

**Related Topics**

- Child Mental Health
- School Health
- Teen Mental Health
- Teen Violence

What You Can Do | Blog | Newsroom | Images | Videos | Resources | Policies & Laws | **Español**

**stopbullying.gov**  **SEARCH**

**WHAT IS BULLYING** **CYBER BULLYING** **WHO IS AT RISK** **PREVENT BULLYING** **RESPOND TO BULLYING** **GET HELP NOW**

### FEATURES

- New Blog
- Report Cyberbullying
- KnowBullying App
- Be More Than a Bystander

Bullying Performance Measures Selected by 17 States and Jurisdictions in MCH Block Grant Program

[Report Cyberbullying When It Happens](#)

**WHAT YOU CAN DO**

**Parents** **Educators** **Community** **Teens** **Kids**

**UPDATES**

January 14, 2016  
[Bullying Can Happen Anywhere – Online and Offline](#)

December 9, 2015  
[Bullying Performance Measure Selected by Seventeen States and Jurisdictions in MCH Block Grant Program](#)

**STATE POLICIES & LAWS**

Find your state or territory **Go**



# Using This Information

## Nutrition

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## Child Nutrition

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- [Diagnosis/Symptoms](#)

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Get Child Nutrition updates by

## Summary

A healthy diet helps children grow and learn. It also helps prevent obesity and chronic diseases, such as diabetes. To give your child a nutritious diet

- Make half of what is on your child's plate fruits and vegetables
- Choose healthy sources of protein, such as lean meat, nuts, and fish
- Serve whole-grain breads and cereals because they are high in fiber
- Broil, grill, or steam foods instead of frying them
- Limit fast food and junk food
- Offer water or milk instead of sugary fruit drinks and sodas

Learn about your children's nutrient requirements. Some of them, such as iron, calcium, and potassium, change as your child ages.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*

## Start Here

- [Health and Nutrition Information for Preschoolers](#) (Department of Agriculture)
- [Healthy Eating](#) (Nemours Foundation)  
Available in Spanish
- [Helping Your Child: Tips for Parents](#) (National Institute of Diabetes and Digestive and Kidney Diseases)



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### PROFESSIONALS

- Community Partners
- National Strategic Partners
- Teachers**
- MyPlate Graphics
- Health Professionals

### CHILDREN

### STUDENTS

### ADULTS

## Preschoolers (2-5 yrs)

Parents and caregivers of children 2-5 years old can explore ways to help preschoolers grow up healthy, play actively every day, develop healthy eating habits, try new foods, and more.

## Kids (6-11 yrs)

Offering science-based advice, MyPlate Kids' Place can help kids build healthy meals and to maintain or achieve a healthy weight. Parents and teachers are invited to use the [MyPlate Kids' Place Resources for Parents and Educators](#) for "teachable moments" that will influence children's choices at home and at school. More materials for kids and parents with kids can be found on the [Team Nutrition website](#).

## High School Students

The [SuperTracker Nutrition Lesson Plans for High School Students](#) is a series of lesson plans designed to help high school students learn how to build a healthy diet using SuperTracker. Each lesson plan includes learning objectives, detailed instructions, and accompanying resources and handouts.

# Using This Information

## Teen Mental Health

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Trusted Health Information for You

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NIH National Institutes of Health

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### Teen Mental Health

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use [alcohol](#) or [drugs](#)
- Exercise, [diet and/or binge-eat obsessively](#)
- Hurt other people or destroy property
- Do reckless things that could harm you or others

Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

Get Teen Mental Health updates by email  **GO** [What's this?](#)

**Start Here**

- [Understanding Your Teen's Emotional Health](#) (American Academy of Family Physicians)  
Also available in [Spanish](#)

**Basics** | **Learn More** | **Multimedia & Cool Tools**

[Overview](#) | [Causes](#) | [Health Check Tools](#)

**MEDICAL ENCYCLOPEDIA**  
[Helping your teen with depression](#)

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

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**Find Help & Treatment** **Topics** **Programs & Campaigns** **Grants** **Data** **About Us** **Publications**

**Topics » School and Campus Health** » Information for Educators, Students, Parents, and Families

**School and Campus Health**

**Substance Use and Mental Health**

**SAMHSA's Efforts**

**Information for Educators, Students, and Parents**

**Grants**

**Publications and Resources**

### Information for Educators, Students, Parents, and Families

SAMHSA works to increase awareness of behavioral health issues among educators, students, parents, and families by providing helpful information and resources.

#### Educators

While schools provide a number of programs and activities to promote emotional health and prevent substance use among students, they face unprecedented behavioral health challenges. SAMHSA provides helpful information and resources for a variety of educational settings:

- The [Safe Schools/Healthy Students Initiative Road to Success DVD – 2007](#) tours four grant sites across the country and provides success stories about creating sustainable positive and healthy changes among children, youth, and families.
- [Preventing Suicide: A Toolkit for High Schools – 2012](#) assists high school districts in designing and implementing

**SAFE SCHOOLS HEALTHY STUDENTS**

**talk they hear you** **Underage Drinking Prevention**

**Data and Statistics**

- » [SAMHSA Data: Adolescents](#)
- » [SAMHSA Data: Youth \(under 18 years of age\)](#)
- » [SAMHSA Data: Young Adults \(18-24\)](#)



# Using This Information

## Disaster Planning

U.S. National Library of Medicine

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**Disaster Preparedness**

On this page

Basics

- Summary
- Start Here
- Latest News

Research

- Clinical Trials
- Journal Articles

**Summary**

Preparing for a disaster, like a natural disaster, like a bioterrorist attack or chemical disaster. You should get flood insurance. You should treat basic medical problems like flood insurance.

No matter what kind of disaster, recovery can take time.

Federal Emergency Management Agency

**Start Here**

- Are You Ready? (Department of Homeland Security) Available in Spanish
- Disaster Recovery

**Latest News**

- Pediatricians' Group

**Related Issues**

- Clean Hands Save Lives

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HOME / KIDS / PARENTS / EDUCATORS

**BE A HERO!**

MAKE A PLAN / BUILD A KIT / KNOW THE FACTS / GET INVOLVED

**KIDS**  
Play games and test your knowledge!

**PARENTS**  
Get the whole family involved in preparing!

Disasters affect everyone. And so it takes everyone - youth, parents, and community members - to help prepare.

# Using This Information

## Current Concerns

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ESPAÑOL

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## Piercing and Tattoos

Also called: Body art, Body piercing



Piercings and tattoos are body decorations that go back to ancient times. Body piercing involves making a hole in the skin so that you can insert jewelry. This is often in the earlobe, but can be in other parts of the body. Tattoos are designs on the skin made with needles and colored ink. A permanent tattoo is meant to last forever. Permanent makeup is a type of tattoo.

The health risks of piercings and tattoos include

- Allergic reactions
- Keloids, a type of scar that grows beyond the original wound
- Infections, such as hepatitis B and C

To reduce the risks, make sure the piercer has a good reputation. Proper sterilization of tools is important. Follow instructions on caring for your skin.

Holes from piercing usually close up after a few days. To remove tattoos, but it's painful and expensive.

Get Piercing and Tattoos updates by email

Start Here

- [Body Piercing](#) (American Academy of Dermatology)
- Also available in [Spanish](#)
- [Think Before You Ink: Are You Ready for a Tattoo?](#)



Related Topics

## NIH National Institute on Drug Abuse

The Science of Drug Abuse & Addiction

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## Among High School Seniors, Driving After Marijuana Use Surpasses Drunk Driving

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### NIDA Notes

July 10, 2014

By Eric Sarlin, M.Ed., M.A., NIDA Notes Contributing Writer

Nearly 1 in 6 high school seniors who responded to a 2011 survey reported that, within the past 2 weeks, they had driven a motor vehicle after using an illicit drug or drinking heavily. Nearly 1 in 4 said they had recently ridden in a car with such a driver. Altogether 28 percent had put themselves at risk, within that short time frame, by being in a vehicle whose driver had been using marijuana or another illicit drug, or had drunk 5 or more alcoholic drinks. These rates had all risen nearly 20 percent in only 4 years, due almost entirely to an increase in driving after smoking marijuana.

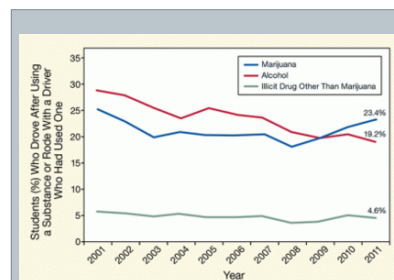
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##### NIDA Notes

Life Skills Training Shields Teens From Prescription Opioid Misuse

THC Hampers Spatial Memory Development in Young Monkeys

A Rapid Teen Substance Use Screening Tool for Clinicians

##### Nora's Blog

Grant Awards Mark the Launch of Landmark Adolescent Brain Cognitive Development (ABCD) Study

## KidsHealth

from Nemours

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For Kids

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KidsHealth > Parents > School & Family Life > Tough Topics > E-Cigarettes

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## About E-Cigarettes

E-cigarettes are being marketed as a safe alternative to smoking. But they're not because e-cigarettes are still putting **nicotine** — a highly addictive drug — into the body.

Lea este artículo en Español

Electronic cigarettes are battery-powered smoking devices often designed to look and feel like regular cigarettes. They use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals. A heating device in the e-cigarette converts the liquid into a vapor, which the person inhales. That's why using e-cigarettes is known as "vaping."

Because e-cigarettes don't burn tobacco, people don't inhale the same amounts of tar and carbon monoxide as with a regular cigarette. But anyone using an e-cigarette still gets an unhealthy dose of nicotine and other chemicals.

Electronic cigarettes started out being marketed to smokers as a way to help them quit. Now that e-cigarettes have gone mainstream, regulators and scientists are taking note. Expect to see more information coming out about e-cigarettes and their health effects.

## The Risks

E-cigarettes don't fill the lungs with harmful smoke, but that doesn't make them a healthy alternative to regular cigarettes.

Anyone who uses ("vapes") an e-cigarette is still putting nicotine — which is absorbed through the lungs — into his or her system. Besides being an addictive drug, nicotine is also toxic in high doses. It was once even used as an insecticide.




# Peer Tutor Project

Vital Information for a Virtual Age!

**iVIVA!**

**A PEER TUTOR PROJECT**

September 12, 2015



### OUR MISSION

<b>Biblioteca Las Américas</b>	To empower high school students and assist them in serving their communities;
<b>medlineplus.gov</b>	
<b>Implementation Guide</b>	To improve the awareness and use of quality health information resources in communities; and
<b>History</b>	To create student-centered programs for community health outreach.
<b>Activities</b>	We offer free support for those starting new peer tutoring programs that seek to partner teachers and high school students and wish to learn from the experiences of others.
<b>Personnel</b>	
<b>South Texas ISD</b>	
<b>Publications</b>	
<b>Awards</b>	

### AWARDS

2003 Texas Library Association Project of the Year


2003 HOSA Student community awareness project

2006 National School Library Media Program of the Year

### FUNDED

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, under Contract No. HHSN-276-2011-00007-C with the Houston Academy of Medicine-Texas Medical Center Library.

Download our recently updated [Implementation Guide!](#)


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Careers

# Health Careers: MedlinePlus

 U.S. National Library of Medicine

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Health Topics Drugs & Supplements Videos & Tools

Español

Home → Health Topics → Health Occupations

## Health Occupations

Also called: Health careers, Health professions, Medical occupations, Medical professions



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<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li></ul>

### Summary

Every day, around the clock, people who work in the health care industry provide care for millions of people, from newborns to the very ill. In fact, the health care industry is one of largest providers of jobs in the United States. Many health jobs are in hospitals. Others are in nursing homes, doctors' offices, dentists' offices, outpatient clinics and laboratories.

To work in a health occupation, you often must have special training. Some, like doctors, must have more than 4 years of college.

*Bureau of Labor Statistics*


### Start Here

- Occupational Outlook Handbook: Healthcare Occupations (Bureau of Labor Statistics)  
Available in Spanish

### Latest News

- Small Number of Doctors Trigger Big Share of Malpractice Payouts (01/27/2016, HealthDay)
- More Than a Quarter of New Doctors May Be Depressed (12/08/2015, HealthDay)
- Many U.S. Primary Care Docs Feel Unprepared for Complex Cases (12/07/2015, HealthDay)
- More News on Health Occupations

### Related Issues



### Get Health Occupations updates by email

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### MEDICAL ENCYCLOPEDIA

Types of health care providers

### Related Health Topics

Choosing a Doctor or Health Care Service


### NIH MedlinePlus Magazine

Life Works: Explore Health and Medical Science Careers

Mentoring in Medicine Program Encourages Careers in Health

MedlinePlus links to health information from the National

# Enviro-Health Links




U.S. Department of Health & Human Services

www.hhs.gov

# Environmental Health & Toxicology

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## Enviro-Health Links - Education, Careers, and Outreach in Toxicology, Chemistry, and Environmental Health

- Academic Program Directories
- Continuing Education and Tutorials
- Educational Outreach
- K-12 Education
- General Science Resources
- Accreditation Boards
- Career Resources
- Professional Societies
- International Societies
- Disclaimer

### Academic Program Directories

#### Graduate Programs in Toxicology

- Academic and Postdoctoral Programs and Web Sites
- Society of Toxicology

#### Programs in Environmental Science and Environmental Health Sciences

- Association of Environmental Health Academic Programs
- Current Affiliates of the National Council for Science and the Environment
- Environmental Internship Clearinghouse
- National Council for Science and the Environment
- National Environmental Health Science and Protection Accreditation Council (EHAC)

#### Programs in Medical Toxicology

- Interested in Becoming a Medical Toxicologist?
- American College of Medical Toxicology
- Medical Toxicology Education Service
- University of Virginia
- Texas Tech University Health Sciences Center Medical Toxicology Fellowship Program
- Training Programs for Medical Toxicology
- Compiled by the American College of Medical Toxicology
- Toxikon Medical Toxicology Fellowship Program

#### Programs in Occupational Medicine and Related Disciplines

- Post-Graduate Training Opportunities in Occupational & Environmental Medicine
- Association of Occupational and Environmental Health Clinics
- European Association of Schools of Occupational Medicine (EASOM)

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# Not Invented Here LifeWorks

## Not Invented Here LifeWorks

Explore health and medical science careers

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### Explore Careers

Browse our 200+ career descriptions by...

[Alphabetical List](#)

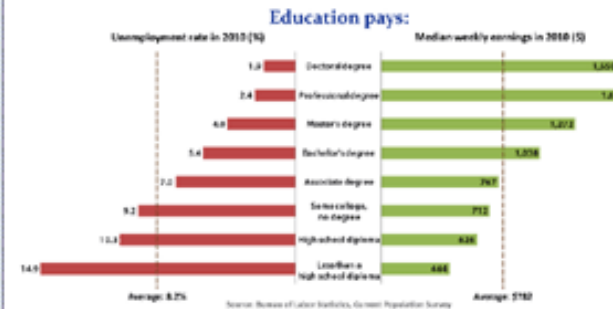
[Interest Area](#)

[Education Required](#)

[Median Salary](#)

### Education Makes a Difference

[text version](#)



Source: Bureau of Labor Statistics

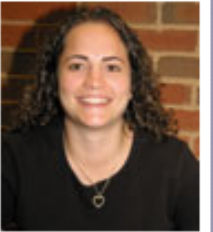
### College & Career Planning Time-Line

Find out what you should be doing for each year of high school to improve your chances of getting into the college of your choice and make the application process easier.

### Check Out a Success Story

Meet a real **Biomedical Engineer**:

[Abby Vogel](#)



[Read Interview](#)

"My career goals are to graduate with a Ph.D. in Biological Resources Engineering and to publish as a first author in a leading professional journal. ... After graduating with a Ph.D., I am undecided about whether to pursue a career in academia as a professor, or in industry as a biomedical engineer."

### Activities

Apply knowledge of engineering, biology, and biomechanical principles to the design, development, and evaluation of biological and health systems and products, such as artificial organs, prostheses, instrumentation, medical information systems, and health management and care delivery systems.

### Minimum Education Required

Bachelor's Degree

Learn more about [Biomedical Engineer](#)

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[Epidemiologist](#) (Jill Koshiol) 🗣️

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# GeneEd



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HOME > CAREERS IN GENETICS



## Careers in Genetics

The study of genetics and genomics is improving our understanding of the biology of health and disease, and that of our biological world in ways that was never before possible. These advancements have wide applications to biology, health, and society. Opportunity to use training in genetics and genomics exists in a range of fields, including in medicine, academic research, law, journalism, agriculture, commercial industries, and education to name a few.

### Becoming a Scientist

Description: Detailed articles, video interviews with various scientists, and additional information resources for students curious about becoming a scientist

Source: Cold Spring Harbor Laboratory | URL: <http://library.cshl.edu/oralhistory/topic/scientific-experience/becoming-scientist/>

### Careers in Human Genetics

Description: Information on careers in human genetics

Source: The American Society of Human Genetics | URL: <http://www.ashg.org/education/careers.shtml>

### Genetic Counseling

Description: Genetic counselors are health professionals who help people faced with the possibility of a genetic disease to make informed decisions about their futures.

Source: Genome Research Limited and Wellcome Trust Sanger Institute | URL: <http://www.yourgenome.org/stories/genetic-counselling>

### GeneticsCareers.org

Description: Explore real genetics career job postings on this site developed by The American Society of Human Genetics and the Genetics Society of America

Source: GeneticsCareers.org | URL: <http://geneticscareers.org>

### Genomic Careers - Find Your Future

Description: Video interviews with genomic professionals, information on genomic careers, a tool for rating your favorite genomic careers, and an opportunity to test your knowledge of careers in this field

Source: National Human Genome Research Institute | URL: <http://www.genome.gov/GenomicCareers/index.cfm>

### Genomics: Towards a Healthier You


Description: A webcast presenting information on why genetics is important to health, plus information on genetic counseling as a career. The singer and performer T-Boz shares her personal story about living with sickle cell anemia as one example of genetic health issues.

Source: National Human Genome Research Institute | URL: <https://www.youtube.com/watch?v=Q5ZrowNN7MQ>



# NLM Traveling Exhibit: Changing the Face of Medicine

CELEBRATING AMERICA'S WOMEN PHYSICIANS



Changing *the face*  
of Medicine

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SHARE *your* STORY

Careers

Lesson Plans

Higher Education

Suggested Reading

Is a Medical Career for you?  
Undergraduate Education  
Medical School  
Residency & Fellowships  
Practicing Medicine

\* CAREERS

Think you might be interested in becoming a part of the medical world? Explore the resources below.

\* IS A MEDICAL CAREER FOR YOU?

◇ What is a career in medicine like? Why do people choose medicine? What can I do to get some hands-on experience in a medical environment? How expensive is it? Access information to help you learn more about this fascinating field.

\* UNDERGRADUATE EDUCATION

◇ The first step to a promising career in medicine is to get a good undergraduate education. Find helpful tips and practical information on the types of courses to take while you are an undergraduate, how to get into a medical school, the broad range of medical careers open to you, and how to finance the first phase of your education.

\* MEDICAL SCHOOL

◇ Once you are in medical school, you will be launched on a challenging and rewarding path. Learn now about elective opportunities in the fourth year, medical specialties, combined M.D./Ph.D. programs, research and training programs, and medically focused financial aid opportunities.

\* RESIDENCY AND FELLOWSHIPS

◇ Once you complete medical school, you need to enter a residency program that is three to seven years long depending on the medical specialty you choose. After that, you may elect to gain one to three years of additional medical training if you want to become highly specialized. Find out how medical students secure residencies and learn about fellowship opportunities, the requirements for certification in a specialty, and the resources and organizations available to help you along the way.

\* PRACTICING MEDICINE

# NLM Traveling Exhibit: Native Voices

NATIVE PEOPLES' CONCEPTS OF HEALTH AND ILLNESS



EXHIBITION | INTERVIEWS | TIMELINE | **RESOURCES** | VISIT

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**CAREERS IN MEDICINE AND SCIENCES**

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- > Higher Education
- > Post-Graduate / Medical Schools

**LESSON PLANS & ADDITIONAL RESOURCES**

**ONLINE ACTIVITIES**

**SUGGESTED READINGS**

**HEALTH HEADLINES**

---

## High School

### American Indian Science and Engineering Society (AISES) Pre-College Programs

<http://www.aises.org/what/programs/precollege>  
AISES offers a variety of programs for Native high school students, including annual national and international science and engineering fairs, summer math and science camps, and technology-based initiatives.

### ASPIRINGDOCS.ORG® by the Association of American Medical Colleges (AAMC)

<http://www.aspiringdocs.org>  
ASPIRINGDOCS.ORG® is supported by AAMC to increase diversity in medicine. The FAQs & Resources section will help high school students consider a career in medicine, as well as help them navigate through the process of getting into and paying for medical school.

### Association of American Indian Physicians (AAIP) Patty Iron Cloud National Native American Youth Initiative

<http://aaip.site-ym.com/?page=NNAYI>  
This annual program takes place in Washington, D.C. and is designed for American Indian and

Medicine/Health

## Anatomy

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## Blood

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## Summary

Anatomy description

## Statistics

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## Summary

Your blood is made of water, salts, and blood cells, which are

Red blood cells are made in the bone marrow. They live for about 120 days. If you have a blood infection and a wound, blood cells are constantly dying and being replaced about 6 days

Problems with blood can cause you to lose too much blood

## Start Here

- Blood
- Available

## Gas

Also called: Belch, Burp, Eructation, Flatulence, Flatus

### On this page

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- Living With

#### See, Play and Learn

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- Clinical Trials
- Journal Articles

#### Resources

- Reference Desk
- Find an Expert

#### For You

- Children
- Patient Handouts

## Summary

Everyone has gas. Most people pass gas 13 to 21 times a day. Passing gas through the mouth is called belching or burping. Passing gas through the anus is called flatulence. Most of the time gas does not have an odor. The odor comes from bacteria in the large intestine that release small amounts of gases that contain sulfur.

Gas in the digestive tract comes from two sources: air that you swallow and the breakdown of undigested food by bacteria in the large intestine. Certain foods may cause gas. Foods that produce gas in one person may not cause gas in another.

You can reduce the amount of gas you have by

- Drinking lots of water and non-fizzy drinks
- Eating more slowly so you swallow less air when you eat
- Avoiding milk products if you have [lactose intolerance](#)

Medicines can help reduce gas or the pain and bloating caused by gas. If your symptoms still bother you, see your health care provider.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases



ADAM

Get Gas updates by email

GO

## MEDICAL ENCYCLOPEDIA

[Abdominal bloating](#)

[Belching](#)

[Bland diet](#)

[Gas - flatulence](#)

## Related Health Topics

[Abdominal Pain](#)



# KidsHealth: Information on Body

The image shows a screenshot of the KidsHealth website. On the left, a sidebar for KidsHealth from Nemours lists various topics. A red oval highlights the 'Body' category, which is currently selected. The main content area displays the TeensHealth page, featuring a search bar, a list of topics (Body, Mind, Sexual Health, Food & Fitness, Diseases & Conditions, Infections, Q&A, School & Jobs, Drugs & Alcohol, Staying Safe, Recipes, En Español), and a featured article titled 'Flu Facts'. Below the article is a 'Hot Topics' section with a list of topics: Cold-Weather Sports, Am I in a Healthy Relationship?, Be Your Best Self, Smart Snacking, and Losing Weight Safely. There is also a 'Quiz' section with a question about mono symptoms and a 'Making a Change' section at the bottom.

**KidsHealth**  
from Nemours

Search here...

How the Body Works  
Puberty & Growing Up  
Staying Healthy  
Recipes & Cooking  
Staying Safe  
Health Problems  
Illnesses & Injuries  
Health Problems of Grown Ups  
People, Places & Things That Help  
Feelings  
Q&A  
Movies & More  
Quizzes  
Games  
Kids' Medical Dictionary  
En Español

**TeensHealth**  
from Nemours

Search here...

Body  
Mind  
Sexual Health  
Food & Fitness  
Diseases & Conditions  
Infections  
Q&A  
School & Jobs  
Drugs & Alcohol  
Staying Safe  
Recipes  
En Español

**Flu Facts**  
featured articles

**Hot Topics**

- Cold-Weather Sports
- Am I in a Healthy Relationship?
- Be Your Best Self
- Smart Snacking
- Losing Weight Safely

**Quiz**  
After a person has been infected with mono, how long does it take for symptoms to show up?  
A 1 to 2 weeks  
B 2 to 4 weeks  
C 4 to 6 weeks

**TAKE 5**  
Tips for Life  
5 ways to fight depression and feel better.  
Find Out More

**What's Your Digestive System?**  
Go!




**Brain**  
If you have a sedentary lifestyle and in your school anyone else does, you are more likely to be overweight. GET



**Making a Change**  
Your Personal Plan

KidsHealth Home / Sign up for our weekly newsletter for teens




# PubMed

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 PubMed   Search Help


Advanced



### PubMed


PubMed comprises more than 25 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

### PubMed COMMONS



**Featured comment** - Jan 27  
Uncertainty & cancer risk-reducing behaviors: Health Behaviour Research Centre Journal Club discusses study design.  
[1.usa.gov/1OXfbpV](https://1.usa.gov/1OXfbpV)

#### Using PubMed

- [PubMed Quick Start Guide](#)
- [Full Text Articles](#)
- [PubMed FAQs](#)
- [PubMed Tutorials](#)
- [New and Noteworthy](#) 

#### PubMed Tools

- [PubMed Mobile](#)
- [Single Citation Matcher](#)
- [Batch Citation Matcher](#)
- [Clinical Queries](#)
- [Topic-Specific Queries](#)


#### More Resources

- [MeSH Database](#)
- [Journals in NCBI Databases](#)
- [Clinical Trials](#)
- [E-Utilities \(API\)](#)
- [LinkOut](#)

You are here: [NCBI](#) > [Literature](#) > [PubMed](#) Write to the Help Desk


<h4>GETTING STARTED</h4> <ul style="list-style-type: none"><li><a href="#">NCBI Education</a></li><li><a href="#">NCBI Help Manual</a></li><li><a href="#">NCBI Handbook</a></li><li><a href="#">Training &amp; Tutorials</a></li><li><a href="#">Submit Data</a></li></ul>	<h4>RESOURCES</h4> <ul style="list-style-type: none"><li><a href="#">Chemicals &amp; Bioassays</a></li><li><a href="#">Data &amp; Software</a></li><li><a href="#">DNA &amp; RNA</a></li><li><a href="#">Domains &amp; Structures</a></li><li><a href="#">Genes &amp; Expression</a></li><li><a href="#">Genetics &amp; Medicine</a></li><li><a href="#">Genomes &amp; Maps</a></li><li><a href="#">Homology</a></li><li><a href="#">Literature</a></li><li><a href="#">Proteins</a></li><li><a href="#">Sequence Analysis</a></li><li><a href="#">Taxonomy</a></li><li><a href="#">Variation</a></li></ul>	<h4>POPULAR</h4> <ul style="list-style-type: none"><li><a href="#">PubMed</a></li><li><a href="#">Bookshelf</a></li><li><a href="#">PubMed Central</a></li><li><a href="#">PubMed Health</a></li><li><a href="#">BLAST</a></li><li><a href="#">Nucleotide</a></li><li><a href="#">Genome</a></li><li><a href="#">SNP</a></li><li><a href="#">Gene</a></li><li><a href="#">Protein</a></li><li><a href="#">PubChem</a></li></ul>	<h4>FEATURED</h4> <ul style="list-style-type: none"><li><a href="#">Genetic Testing Registry</a></li><li><a href="#">PubMed Health</a></li><li><a href="#">GenBank</a></li><li><a href="#">Reference Sequences</a></li><li><a href="#">Gene Expression Omnibus</a></li><li><a href="#">Map Viewer</a></li><li><a href="#">Human Genome</a></li><li><a href="#">Mouse Genome</a></li><li><a href="#">Influenza Virus</a></li><li><a href="#">Primer-BLAST</a></li><li><a href="#">Sequence Read Archive</a></li></ul>	<h4>NCBI INFORMATION</h4> <ul style="list-style-type: none"><li><a href="#">About NCBI</a></li><li><a href="#">Research at NCBI</a></li><li><a href="#">NCBI News</a></li><li><a href="#">NCBI FTP Site</a></li><li><a href="#">NCBI on Facebook</a></li><li><a href="#">NCBI on Twitter</a></li><li><a href="#">NCBI on YouTube</a></li></ul>
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## PMC

PubMed Central® (PMC) is a free full-text archive of biomedical and life sciences journal literature at the U.S. National Institutes of Health's National Library of Medicine (NIH/NLM).

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A whole new way to read scientific literature at PubMed Central



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- [How Papers Get Into PMC](#)
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- [PMCID/PMID/NIHMSID Converter](#)

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# Environmental Health



# MedlinePlus

U.S. National Library of Medicine



Trusted Health Information for You

Health Topics

Home → Health Topics → Environmental Health

## Ozone

### Summary

Ozone is a gas. It is found 10 to 30 miles above the ground. The ozone layer is gone. You may get too much ultraviolet light. This can harm your immune system and cause skin cancer.

"Bad" ozone is at ground level. It is formed chemically with sunlight and bad ozone can be harmful to your health and emphysema. It can also harm the environment.

*Environmental Protection Agency*

### Latest News

- High Ozone Levels in the Southwest

### Resources


- Greenhouse Gases
- Ozone (Environmental Protection Agency)
- Ozone Air Pollution (Mayo Foundation)
- Ozone Generation (Environmental Protection Agency)
- Ozone: Good and Bad (Environmental Protection Agency)
- Tox Town (National Library of Medicine) Available in Spanish
- You Can Help

### Clinical Trials

- ClinicalTrials.gov

### Journal Articles

U.S. National Library of Medicine



Trusted Health Information for You

Health Topics Drugs & Supplements

Home → Health Topics → Environmental Health

## Environmental Health

On this page

Basics

- Summary
- Start Here
- Latest News

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

### Summary

Our environment affects our health. If the environment is polluted, it can lead to health problems. The home can trigger asthma attacks.

Some environmental risks are a part of human activities, like lead poisoning from industrial use.

*NIH: National Institute of Environmental Health Sciences*


### Start Here

- Environmental Health Topics from the National Library of Medicine Available in Spanish
- Tox Town (National Library of Medicine) Available in Spanish

### Latest News

- Child Asthma Rates Leveling Off
- Toxic Chemicals May Weaken Immune System
- Pollution from Coal Burning Moves to the West

U.S. National Library of Medicine



Trusted Health Information for You

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Health Topics Drugs & Supplements Videos & Tools

Home → Health Topics → Hazardous Waste

## Hazardous Waste

On this page

Basics

- Summary
- Start Here

Learn More

- Related Issues
- Specifics

Research

- Statistics and Research
- Journal Articles

Resources

- Find an Expert

See, Play and Learn

- Videos and Tutorials

For You

- Children
- Patient Handouts

### Summary

Even if you use them properly, many chemicals can still harm human health and the environment. When you throw these substances away, they become hazardous waste. Some hazardous wastes come from products in our homes. Our garbage can include such hazardous wastes as old batteries, bug spray cans and paint thinner. U.S. residents generate 1.6 million tons of household hazardous waste per year. Hazardous waste is also a by-product of manufacturing.

You may have hazardous wastes in your basement or garage. How do you get rid of them? Don't pour them down the drain, flush them, or put them in the garbage. See if you can donate or recycle. Many communities have household hazardous waste collection programs. Check to see if there is one in your area.

*Environmental Protection Agency*

### Start Here

- Household Products Database (National Library of Medicine)


### Related Issues

- ToxFAQs (Agency for Toxic Substances and Disease Registry)
- TOXNET: Toxicology Data Network (National Library of Medicine) - Databases on toxicology, hazardous chemicals, and related areas

### Specifics

- Best Way to Get Rid of Used Needles and Other Sharps (Food and Drug Administration)
- Volatile Organic Compounds (VOCs) (Environmental Protection Agency, Indoor Environments Division)

Water Pollution



Get Hazardous Waste updates by email

Enter email address

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MEDICAL ENCYCLOPEDIA

Hazardous materials

Related Health Topics

Environmental Health

National Institutes of Health


The primary NIH organization for research on *Hazardous Waste* is the National Institute of Environmental Health Sciences

# Environmental Health & Toxicology


U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

## Environmental Health & Toxicology

SPECIALIZED INFORMATION SERVICES

National Library of Medicine  
National Institutes of Health 

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[SIS Home > Environmental Health and Toxicology](#) [+ Share](#) Text size: [S](#) [M](#) [L](#) [XL](#)  
Expand/Collapse 

### Topics of Interest

- [Find Information About... Especially For...](#)
- [Search TOXNET® Databases](#)
- [Other Professional Resources](#)
- [Resources for the Public](#)
- [Enviro-Health Links](#)
- [Guides & Tutorials](#)

### More

- [About TEHIP](#)
- [Database Descriptions](#)
- [Which Resource Should I Use?](#)
- [SIS News](#)
- [Conference Exhibit Schedule](#)

### A to Z Index of Resources

<a href="#">A</a>	<a href="#">B</a>	<a href="#">C</a>	<a href="#">D</a>	<a href="#">E</a>	<a href="#">F</a>	<a href="#">G</a>	<a href="#">H</a>	<a href="#">I</a>
<a href="#">J</a>	<a href="#">K</a>	<a href="#">L</a>	<a href="#">M</a>	<a href="#">N</a>	<a href="#">O</a>	<a href="#">P</a>	<a href="#">Q</a>	<a href="#">R</a>
<a href="#">S</a>	<a href="#">T</a>	<a href="#">U</a>	<a href="#">V</a>	<a href="#">W</a>	<a href="#">X</a>	<a href="#">Y</a>	<a href="#">Z</a>	<a href="#">#</a>

## Especially for students and educators

### Starting Points

- Environmental Health Student Portal**  
Educational resources for middle school students and teachers on how the environment effects health
- Tox Town**  
Interactive guide to toxic substances and environmental health issues in everyday places
- ToxMystery**  
Provides a fun experience while teaching about household chemical hazards. For children from 7-11 years old
- Toxicology Tutorials**  
Basic toxicology principles written at the introductory college student level
- Household Products Database**  
Safety and health information for products used in and around the home
- TOXMAP**  
Geographic representation of TRI data with links to other TOXNET resources
  - [TOXMAP: Resources for Teachers](#)

# Environmental Health Student Portal



National Library of Medicine

## Environmental Health Student Portal

Connecting Middle School Students to Environmental Health Information

Home

Air Pollution

Chemicals

Climate Change

Water Pollution

Videos

Games

Experiments

For Teachers



Go



Print this Page

### What is Environmental Health ?

Environmental Health is the interrelationship between human health and the environment, either natural or manmade.

[Learn More](#)



Interested in a trailer of our animations about characteristics, uses, and health effects of hazardous chemicals?

**Please, click here to preview.**



Air Pollution



Chemicals



Climate Change



Water Pollution



# ToxTown



Unit 1: Water Quality

Unit 2: Air Quality

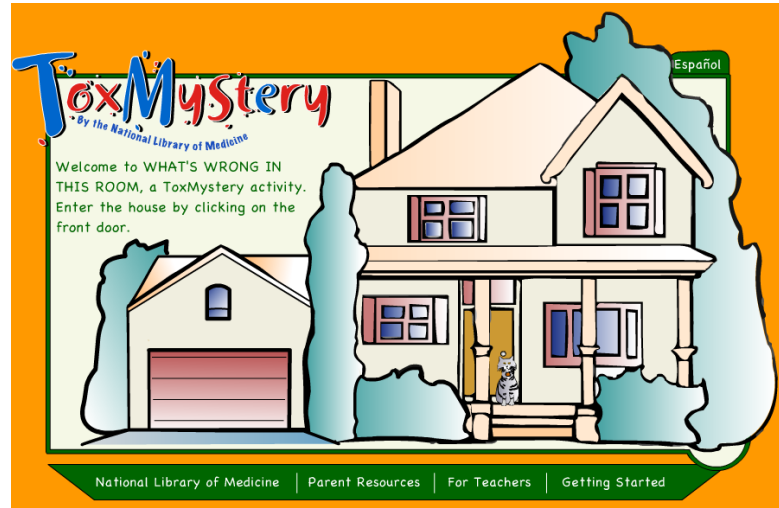
Unit 3: Chemicals in Your Home

Unit 4: Food Safety

Unit 5: Runoff, Impervious Surfaces, and Smart Development

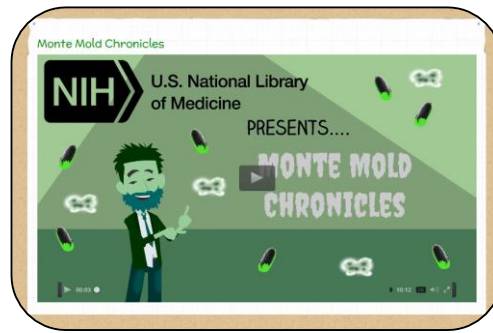
Unit 6: The Great Debate: Bottled Water vs. Tap Water in Our Schools

# Educational Games





# NLM Animation



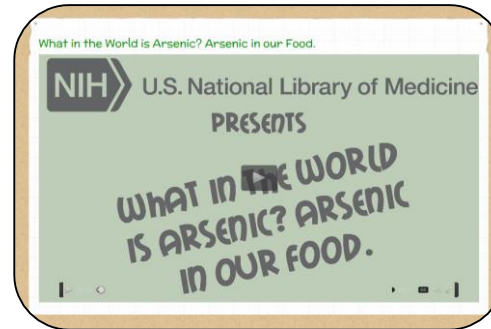
**Mold**



**Ozone**



**Particulate Matter**



**Arsenic**



**Lead**



**Mercury**



**Pesticides**



**Plastics**

# Household Products Database (HPD)



U.S. Department of Health & Human Services



## Household Products Database

Health & Safety Information on Household Products

www.hhs.gov

National Institutes of Health  
National Library of Medicine  
Specialized Information Services



[Home](#) [Products](#) [Manufacturers](#) [Ingredients](#) [Health Effects](#)

### Quick Search

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Product, Manufacturer etc...

### Advanced Search

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### Browse by Category

- [Auto Products](#)
- [Inside the Home](#)
- [Pesticides](#)
- [Landscape/Yard](#)
- [Personal Care](#)
- [Home Maintenance](#)
- [Arts & Crafts](#)
- [Pet Care](#)
- [Home Office](#)
- [Commercial / Institutional](#)

### Browse A-Z

- [Product Names](#)
- [Types of Products](#)
- [Manufacturers](#)
- [Ingredients](#)

### Support

- [About the Database](#)
- [FAQ](#)

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.



#### Auto Products

Brake Fluid, De-icer, Lubricant, Sealant, and more...



#### Inside the Home

Air Freshener, Bleach, Cleaners, Toilet Bowl Cleaner, and more...



#### Pesticides

Animal Repellant, Fungicide, Herbicide, Insecticide, and more...



#### Landscape/Yard

Fertilizer, Lawn Care, Swimming Pool Products, and more...



#### Personal Care

Antiperspirant, Hair Spray, Makeup, Shampoo, Soap and more...



#### Home Maintenance

Caulk, Grout, Insulation, Paint, Putty, Stain, and more...



#### Arts & Crafts

Adhesive, Glaze, Glue, Primer, Varnish, and more...



#### Pet Care

Flea & Tick Control, Litter, Stain/Odor Remover, and more...




#### Home Office

Ink, Toner, Correction Fluid, Electronics Cleaners, Pens and more...

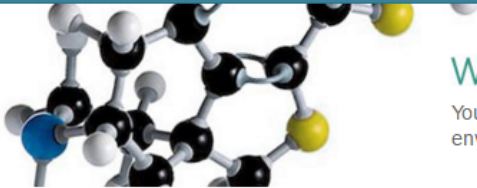
For advice if someone is poisoned, call your local Poison Center at 1-800-222-1222.

# TOXNET

 U.S. National Library of Medicine

**TOXNET** TOXICOLOGY DATA NETWORK

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Welcome to TOXNET

Your resource for searching databases on toxicology, hazardous chemicals, environmental health, and toxic releases

Share

SEARCH TOXNET Search all or select specific databases

BROWSE

ADVANCED SEARCH

e.g. benzene, endocrine disruptor

ALL DATABASES

Search

TOXNET Databases

**MOST VISITED BY TOXNET USERS**

[HSDB](#)  
Hazardous Substances Data Bank. Peer-reviewed toxicology data for over 5,000 hazardous chemicals

[TOXLINE](#)  
4 million references to literature on biochemical, pharmacological, physiological, and toxicological effects of drugs and other chemicals

[ChemIDplus](#)  
Dictionary of over 400,000 chemicals (names, synonyms, and structures)

**BREASTFEEDING & DRUGS**

[LactMed](#)  
Drugs and Lactation Database. Drugs and other chemicals to which breastfeeding mothers may be exposed

**DEVELOPMENTAL TOXICOLOGY LITERATURE**

[DART](#)  
Developmental and Reproductive Toxicology Database. References to developmental and reproductive toxicology literature

**CHEMICAL RELEASES & MAPPING**

[TOXMAP](#)  
TOXMAP: Environmental Health Maps provides searchable, interactive maps of EPA TRI and Superfund data, plus US Census and NCI health data

[TRI](#)  
Toxics Release Inventory. Annual environmental releases of over 600 toxic chemicals by U.S. facilities

**GENOMICS**

[CTD](#)  
Comparative Toxicogenomics Database. Access to scientific data describing relationships between chemicals, genes and human diseases


**HOUSEHOLD PRODUCT SAFETY**

[Household Products Database](#)  
Potential health effects of chemicals in more than 10,000 common household


**Environmental Health & Toxicology**

Resources on environmental health and toxicology

Visit Site



**Did you know**


 There is a guide to choosing a database

[Which Resource Should I Use](#)  
can help you pick the right resource for your search.

[More FAQs](#)



# Arctic Health



# ARCTIC HEALTH

*An information portal to issues affecting the health and well-being of our planet's northernmost inhabitants.*

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### [Climate Change](#)

### [Food, Air, and Water](#)

### [Traditional Healing](#)

### [Multimedia](#)

### [Governments and Organizations](#)

## Welcome!

The Arctic Health website is a central source for information on diverse aspects of the Arctic environment and the health of northern peoples. The site gives access to evaluated health information from hundreds of local, state, national, and international agencies, as well as from professional societies and universities. In addition, our own always expanding [Arctic Health Publications Database](#), (currently more than 250,000 records), can help you find Arctic-specific articles, out of print publications and information from special collections held in the [Alaska Medical Library](#).

The Arctic Health website is sponsored by the National Library of Medicine's [Division of Specialized Information Services](#) and maintained by the University of Alaska Anchorage's [Alaska Medical Library](#).



Last updated: January 16, 2015 First Published: July 12, 2002

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University of Alaska Anchorage









United States  
**National Library of Medicine**  
National Institutes of Health




# Genomics/Genetics


# Genetics Home Reference

 U.S. NATIONAL LIBRARY OF MEDICINE




 **Genetics Home Reference**

Your Guide to Understanding Genetic Conditions

Search 

Health ConditionsGenesChromosomes & mtDNAResourcesHelp Me Understand Genetics


Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health.




### Health Conditions

More than 1,100 health conditions, diseases, and syndromes


[Browse A-Z](#)





### Genes

More than 1,300 genes and the health effects of genetic



### New & Updated


#### New

- cryptogenic cirrhosis
- fibrochondrogenesis
- DOLK-congenital disorder of glycosylation
- Past 12 Months

#### Updated

- Moebius syndrome
- Poland syndrome
- spondyloepiphyseal dysplasia congenita

# GeneEd




Genetics, Education, Discovery

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### Cell Biology

The study of the cell, including mitosis and meiosis




### Genetic Conditions

Conditions caused by gene variations or mutations




### DNA Forensics

The application of genetic testing for legal purposes




### DNA, Genes, Chromosomes

The building blocks of inheritance




### Evolution

Processes by which organisms are changed over time




### Top Issues In Genetics

Select genetic topics of popular interest




### Heredity/Inheritance Patterns

The genetic transmission of traits




### Biostatistics

The use of mathematics to investigate life science related problems




### Epigenetics/Inheritance and the Environment

The genome's dynamic response to the environment



### Biotechnology

Biological techniques used to enhance products





# National Human Genome Research Institute

**National Human Genome Research Institute**  
*Advancing human health through genomics research*

SEARCH GENOME.GOV



Research Funding | Research at NHGRI

Education



**Feature**  
NHGRI & ASHG seek education fellowship applicants  
  
NHGRI and the American Society of Human Genetics (ASHG) are now accepting applications for the 2016 Genetics Education Fellowship. The application period is now until April 25, 2016. See: [The Genetics & Education Fellowship](#)  
LabGenius: The next step toward a digital laboratory  
  
The HHS Ignite Accelerator program, inspired by Silicon Valley start-up methods, nurtures innovative ideas that might improve government operations. Now this seed funding mentorship program could help create a digital "LabGenius" and, according to NIH Director Francis Collins, "has the potential to streamline our lab which could have a big impact." [Read more](#)

**National DNA DAY** APRIL 25

**Celebrating Genomics Through Awareness**

Connect with DNA Day  


Find Events | Plan An Event | Celebrate With NHGRI | Get Activity Ideas | Learn The History | Visit Newsroom



National DNA Day is a unique day when students, teachers and the public can learn more about genetics and genomics! The day commemorates the completion of the Human Genome Project in April 2003, and the discovery of DNA's double helix in 1953.  
[Subscribe to our newsletter!](#)

**Find Events In Your Area**  


The National DNA Day Network has events all over the country. Find an event near you to celebrate DNA Day.

**Chat With Geneticists in the "Ask Me Anything" Series**  


Join NHGRI, pgEd, and ASHG for a week-long National DNA Day "Ask Me Anything" (AMA) Series on reddit [/r/Science](#).

Join @DNADay For a Twitter Chat  
**#DNADay16**

Check out our 2016 DNA Day Lecture  
**Harry Potter**



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Home > About Us > Exhibition Program > Harry Potter's World: Renaissance Science, Magic, and Medicine

# HARRY POTTER'S WORLD

## RENAISSANCE SCIENCE, MAGIC, AND MEDICINE

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“There was a lot more to magic,  
as Harry quickly found out,  
than waving your wand  
and saying a few funny words.”

—Harry Potter and the Philosopher's Stone,  
J. K. Rowling



Illustration of an owl  
Konrad Gesner,  
*Historiae Animalium*, 1551

### EXHIBITION



### EDUCATION RESOURCES



# HARRY POTTER'S WORLD

## RENAISSANCE SCIENCE, MAGIC, AND MEDICINE

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HIGHER EDUCATION  


ONLINE ACTIVITIES  


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MORE EXHIBITIONS

MORE EDUCATIONAL RESOURCES

Harry Potter's World presents the following instructional resources for the educators in middle- and high-schools, and in higher education institutions. The resources provide suggested instructional guides and materials that an educator may adapt in whole or in parts as he or she deems most appropriate for the students' interest, level, and academic goals.

#### Middle & High School Lesson Plans

- **Bogart and Pear** in *Harry Potter* and **Genetic Traits** in *Harry Potter* are two lesson plans prepared for middle- and high-school teachers. Each lesson plan contains background information and resources related to *Harry Potter* or academic topics, national standards, learning outcomes, step-by-step procedures, and all classroom materials.
- The lesson plans are developed in collaboration with Sahar Saddiqui and Annabella Kraut—English and Science teachers, respectively—at Charles E. Smith Jewish Day School in Rockville, Maryland.

#### Higher Education Module

- “*Things Most Strange and Wondrous*”, is a course module designed to introduce undergraduate and graduate students to the various magical and esoteric traditions that shaped past thinkers' conceptions of the study of nature in the Renaissance and early modern periods. Inspired by the National Library of Medicine's exhibition, *Harry Potter's World: Renaissance Science, Magic, and Medicine*, which explores the history of science and medicine through the lens of the *Harry Potter* novels by J. K. Rowling, this module is prepared primarily for higher education instructors with a strong background in Renaissance and early modern intellectual and cultural history (spanning roughly 1450-1700 C.E.). Familiarity with the *Harry Potter* novels is neither assumed nor required, though it would be an advantage.
- This module is developed in collaboration with **Mark A. Waddell, Ph.D.**, who currently teaches in the Lyman Briggs College of Science at Michigan State University.

#### Online Activities

- **Desire for Knowledge** and **Different Perspectives** are guided online activities that navigate parts of *Harry Potter's World* with a specific interpretive plan.

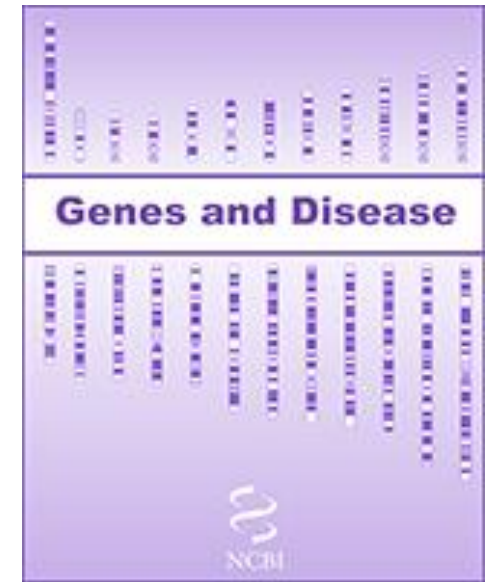
#### Bibliography

- Elizabeth Bland, curator of the *Harry Potter's World* exhibition, provides a suggested reading list that can serve as a starting point for those who are interested in going beyond the *Harry Potter* novels.

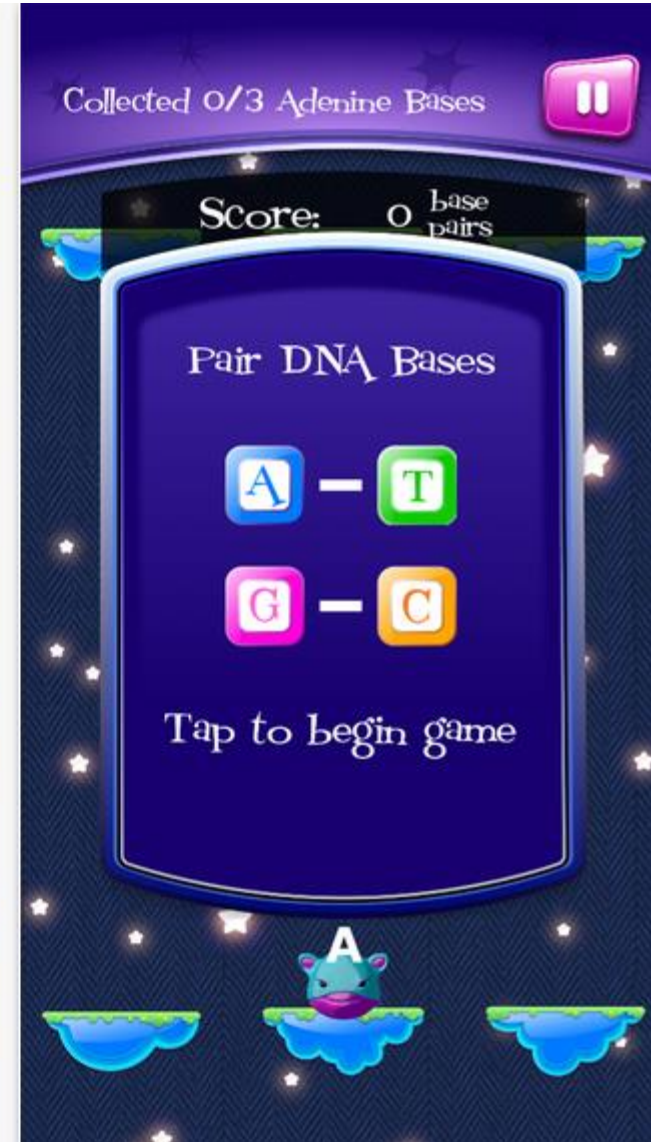
# NCBI Bookshelf

## Genes and Diseases

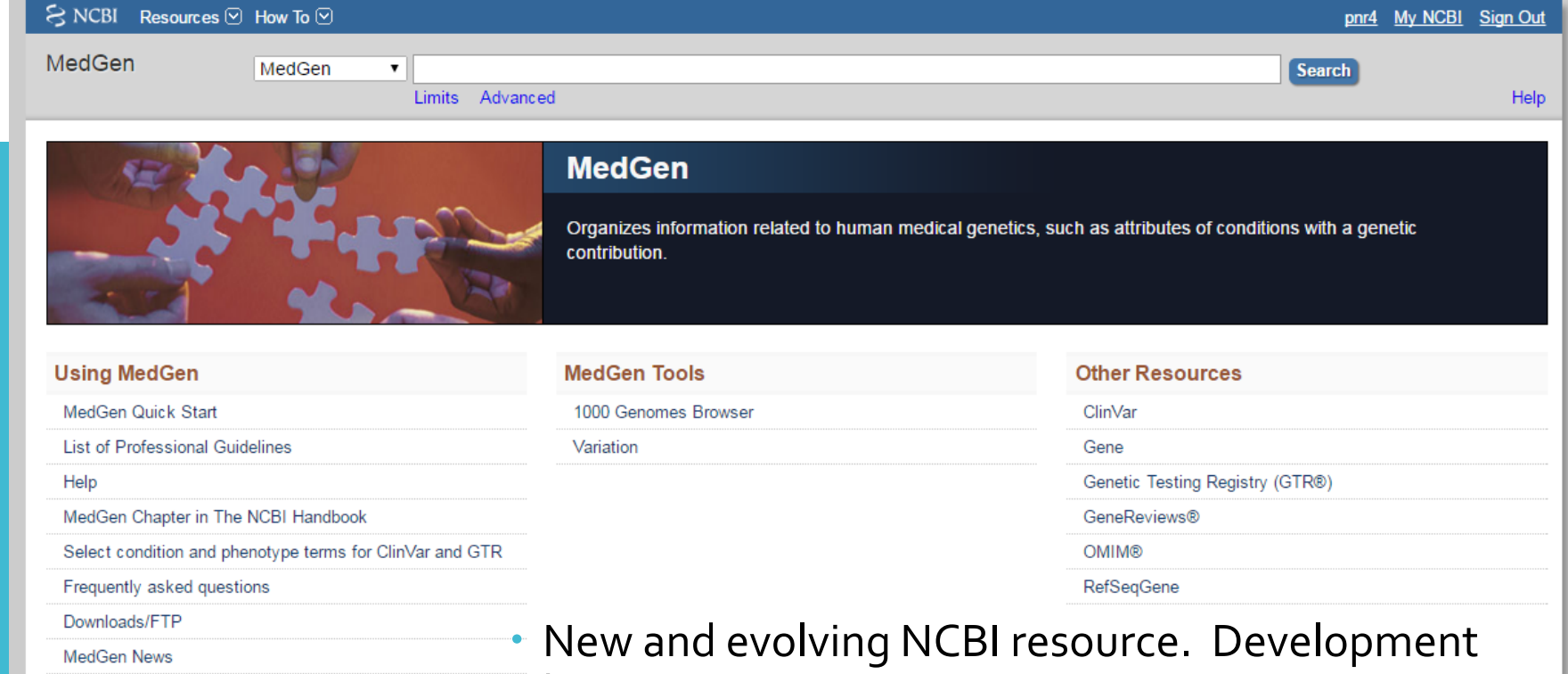
- Organized by the parts of the body that genetic disorders affect.
- Over 80 genetic disorder summaries.
- Images and interesting facts.
- PDF downloads of chapters.
- Links to related research literature and pertinent websites.



# Base Chase



# MedGen



The screenshot shows the MedGen website interface. At the top, there is a navigation bar with links for NCBI, Resources, and How To. Below this is a search bar with the text 'MedGen' and a dropdown menu. To the right of the search bar are links for 'Limits', 'Advanced', and 'Help'. The main content area features a large image of hands assembling puzzle pieces, with the text 'MedGen' and a description: 'Organizes information related to human medical genetics, such as attributes of conditions with a genetic contribution.' Below this, there are three columns of links: 'Using MedGen' (including MedGen Quick Start, List of Professional Guidelines, Help, MedGen Chapter in The NCBI Handbook, Select condition and phenotype terms for ClinVar and GTR, Frequently asked questions, Downloads/FTP, and MedGen News), 'MedGen Tools' (including 1000 Genomes Browser and Variation), and 'Other Resources' (including ClinVar, Gene, Genetic Testing Registry (GTR®), GeneReviews®, OMIM®, and RefSeqGene).

NCBI Resources How To

MedGen MedGen Search

Limits Advanced Help

**MedGen**

Organizes information related to human medical genetics, such as attributes of conditions with a genetic contribution.

**Using MedGen**

- MedGen Quick Start
- List of Professional Guidelines
- Help
- MedGen Chapter in The NCBI Handbook
- Select condition and phenotype terms for ClinVar and GTR
- Frequently asked questions
- Downloads/FTP
- MedGen News

**MedGen Tools**

- 1000 Genomes Browser
- Variation


**Other Resources**


- ClinVar
- Gene
- Genetic Testing Registry (GTR®)
- GeneReviews®
- OMIM®
- RefSeqGene

- New and evolving NCBI resource. Development began in 2012.
- Information about human disorders and features or symptoms that have a genetic component.
- Designed for health care professionals and the medical genetics community.
- Compiles information from multiple sources: GeneReviews, OMIM, Genetic Testing Registry, ClinVar, Genetics Home Reference, practice guidelines, and PubMed.




# Links from PubMed

 NCBI Resources ▾ How To ▾

 PubMed  
US National Library of Medicine  
National Institutes of Health

PubMed ▾

Advanced



## PubMed

PubMed comprises more than 26 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

You are here: NCBI > Literature > PubMed

[Write to the Help Desk](#)

### GETTING STARTED

- [NCBI Education](#)
- [NCBI Help Manual](#)
- [NCBI Handbook](#)
- [Training & Tutorials](#)
- [Submit Data](#)

### RESOURCES

- [Chemicals & Bioassays](#)
- [Data & Software](#)
- [DNA & RNA](#)
- [Domains & Structures](#)
- [Genes & Expression](#)
- [Genetics & Medicine](#)
- [Genomes & Maps](#)
- [Homology](#)
- [Literature](#)
- [Proteins](#)
- [Sequence Analysis](#)
- [Taxonomy](#)
- [Variation](#)

### POPULAR

- [PubMed](#)
- [Bookshelf](#)
- [PubMed Central](#)
- [PubMed Health](#)
- [BLAST](#)
- [Nucleotide](#)
- [Genome](#)
- [SNP](#)
- [Gene](#)
- [Protein](#)
- [PubChem](#)

### FEATURED

- [Genetic Testing Registry](#)
- [PubMed Health](#)
- [GenBank](#)
- [Reference Sequences](#)
- [Gene Expression Omnibus](#)
- [Map Viewer](#)
- [Human Genome](#)
- [Mouse Genome](#)
- [Influenza Virus](#)
- [Primer-BLAST](#)
- [Sequence Read Archive](#)

### NCBI INFORMATION

- [About NCBI](#)
- [Research at NCBI](#)
- [NCBI News](#)
- [NCBI FTP Site](#)
- [NCBI on Facebook](#)
- [NCBI on Twitter](#)
- [NCBI on YouTube](#)

National Center for Biotechnology Information, U.S. National Library of Medicine  
8600 Rockville Pike, Bethesda MD, 20894 USA

[Policies and Guidelines](#) | [Contact](#)



# Literacy/ Education Resources



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

Public Health Genomics



Personal Genetics  
Education Project



THE  
AMERICAN  
SOCIETY  
OF HUMAN  
GENETICS

*discover. educate. advocate.*

CENTER FOR  
GENETICS AND  
SOCIETY



Council for  
Responsible Genetics



GENOME  
UNLOCKING  
LIFE'S  
CODE

# Interdisciplinary Resources

# NLM Traveling Exhibits

**EXHIBITION  
PROGRAM**

ABOUT US | EXHIBITIONS | BOOK A TRAVELING EXHIBITION | EDUCATION | CONTACT US | SITE MAP

SEARCH


+ f

EXHIBITIONS


VIEW CATEGORIES BY: MOST RECENT | ALPHABETICALLY

find an exhibition near you

**medicine & the arts**




**FRANKENSTEIN:** Penetrating the Secrets of Nature




**AND THERE'S THE HUMOR OF IT:** Shakespeare and the Four Humors

**science & society**




**PICK YOUR POISON:** Intoxicating Pleasures & Medical Prescriptions



**FROM DNA TO BEER:** Harnessing Nature in Medicine and Industry

**patients & practitioners**



**CONFRONTING VIOLENCE:** Improving Women's Lives



**PICTURES OF NURSING:** The Zwerdling Postcard Collection

**the technology of medicine**



**VISIBLE PROOFS:** Forensic Views of the Body



**THE ONCE AND FUTURE WEB:** Worlds Woven by Telegraph and Internet



# NLM Traveling Exhibits

[HOME](#) | [EXHIBITION](#) | [EDUCATION](#) | [DIGITAL GALLERY](#) | [CREDITS](#) | [TRAVELING INFO](#)



**EXHIBITION PROGRAM**

# FRANKENSTEIN:

PENETRATING *the* SECRETS of NATURE

On a dark and stormy night in 1816, Mary Shelley began writing a story that posed profound questions about individual and societal responsibility for other people.

**EXPLORE THE EXHIBITION**

*The creature of the  
and a convulsive  
to him.*  
*But how Newman...  
emotion at this catastrophe for his Reli*

SEE THE  
**DIGITAL GALLERY**



**FIND EDUCATIONAL RESOURCES**



# NLM Traveling Exhibits

[Home](#)[Exhibition](#)[Education](#)[Traveling Info](#)[Credits](#)[Exhibition Program](#)

The perspectives of surgeons, physicians, and nurses are richly documented in the history of American Civil War medicine, which highlights the heroism and brutality of battlefield operations and the challenges of caring for the wounded during wartime. Yet the experiences of injured soldiers during the conflict and in the years afterwards are less well-known. *Life and Limb: The Toll of the American Civil War* focuses on disabled veterans and their role as symbols of the fractured nation.

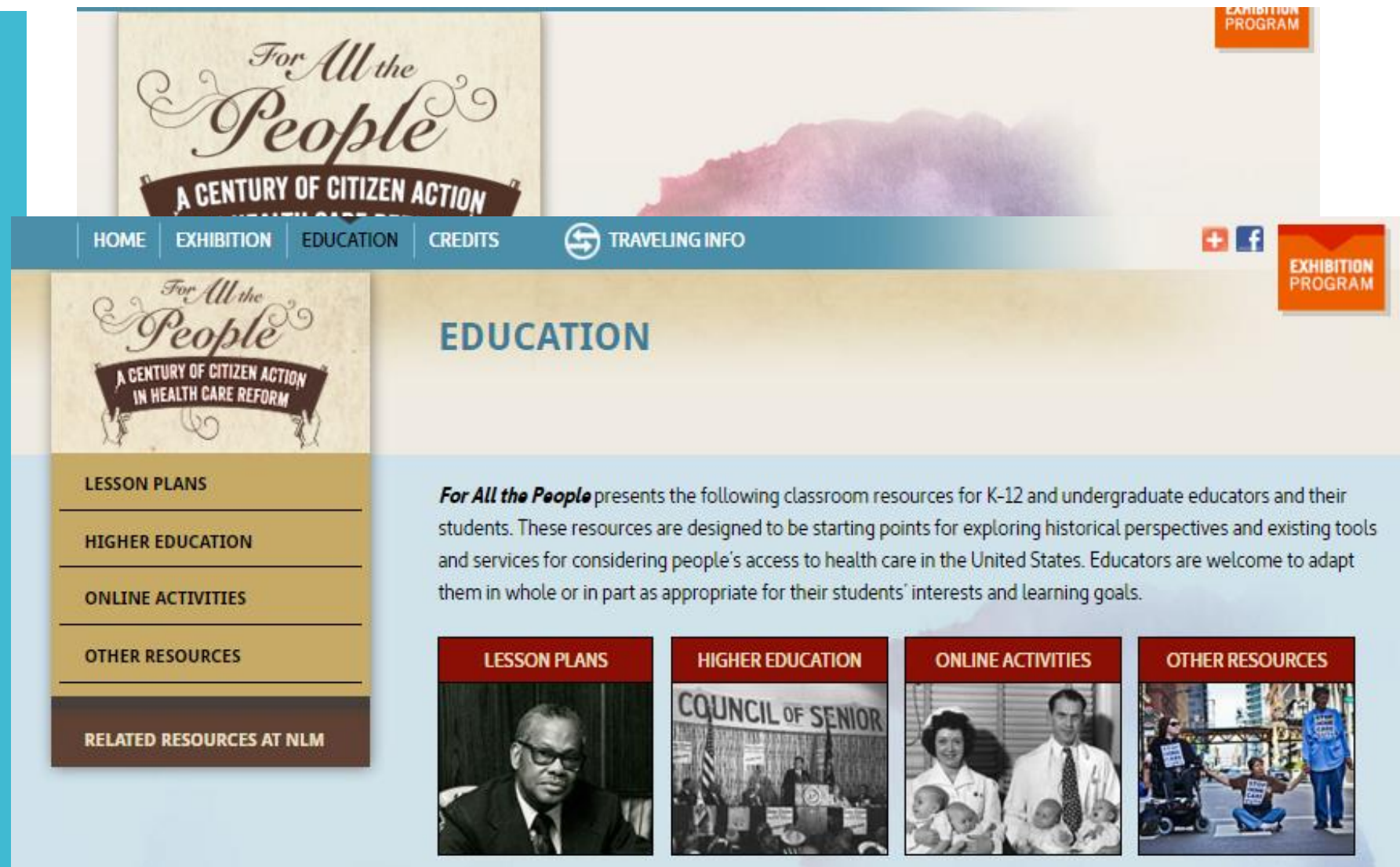
Explore the experiences of Civil War veterans in the [online exhibition](#), use [education resources](#) in middle-school, high-school and undergraduate classes, take a closer look at Civil War-era texts in [Digital Documents](#), or find out if the [traveling exhibition](#) is coming to a library near you.

**Pictured on the right:** Soldiers at Armory Square Hospital, Washington, D.C., 1860s  
*Courtesy National Library of Medicine*





# NLM Traveling Exhibits



The screenshot displays the 'For All the People' website, which is dedicated to the exhibition 'A CENTURY OF CITIZEN ACTION IN HEALTH CARE REFORM'. The website features a blue navigation bar with links to HOME, EXHIBITION, EDUCATION, CREDITS, and TRAVELING INFO. A red 'EXHIBITION PROGRAM' button is visible in the top right corner. The main content area is titled 'EDUCATION' and includes a sidebar with links to LESSON PLANS, HIGHER EDUCATION, ONLINE ACTIVITIES, OTHER RESOURCES, and RELATED RESOURCES AT NLM. The main text describes the classroom resources available for K-12 and undergraduate educators. Below this text, four thumbnail images represent the resource categories: Lesson Plans (a portrait of Martin Luther King Jr.), Higher Education (a historical photo of a 'COUNCIL OF SENIOR' meeting), Online Activities (a photo of a family with children), and Other Resources (a photo of a protest with people holding signs).

*For All the People*  
A CENTURY OF CITIZEN ACTION  
IN HEALTH CARE REFORM

HOME | EXHIBITION | EDUCATION | CREDITS | TRAVELING INFO

EXHIBITION PROGRAM

## EDUCATION

LESSON PLANS

HIGHER EDUCATION

ONLINE ACTIVITIES

OTHER RESOURCES

RELATED RESOURCES AT NLM

*For All the People* presents the following classroom resources for K-12 and undergraduate educators and their students. These resources are designed to be starting points for exploring historical perspectives and existing tools and services for considering people's access to health care in the United States. Educators are welcome to adapt them in whole or in part as appropriate for their students' interests and learning goals.

LESSON PLANS

HIGHER EDUCATION

ONLINE ACTIVITIES

OTHER RESOURCES

# Additional Resources



# NIH Science Education



## RESEARCH & TRAINING

### Research & Training

[Science Highlights](#)

[Research in NIH Labs & Clinics](#)

[Training Opportunities](#)

[Library Resources](#)

[Research Resources](#)

[Clinical Research Resources](#)

[Safety, Regulation & Guidance](#)

[Science Education](#)

[Medical Research Initiatives](#)

[Precision Medicine Initiative](#)

[Environmental influences on Child Health Outcomes \(ECHO\) Program](#)

[Accelerating Medicines Partnership \(AMP\)](#)

[Rigor and Reproducibility](#)

[Lasker Clinical Research Scholars](#)

### Science Education

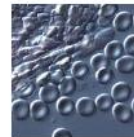
#### On this page

- [Resources for Students](#)
- [Resources for Educators](#)

### Resources for Students



[NIAMS Kids Pages](#)



[Microscope Imaging Station](#)



[Test Your Science IQ!: Cells](#)



[NINDS Brain Resources](#)

### From the NIH Director



Francis Collins, M.D., Ph.D., offers a message to high school graduates.


This video was requested by a motivated graduating senior at a high school in Ontario, but it speaks to students everywhere. May 19, 2011.

### Featured Site



[NIAMS Kids Pages](#)

# Digital Collections


 **U.S. National Library of Medicine**  
*Digital Collections*

Search...

[About](#)  
[Help](#)  
[Web Service](#)

**Refine by:**


- [Collections](#)
- [Subjects](#)
- [Authors](#)
- [Titles](#)
- [Formats](#)
- [Languages](#)
- [Genre](#)
- [Dates by Range](#)



Images from the History of Medicine (IHM): Paintings, posters, photos & more...spanning the centuries

**Digital Collections** is the National Library of Medicine's free online resource of biomedical books and still and moving images. All of the content in Digital Collections is freely available worldwide and, unless otherwise indicated, in the public domain. Digital Collections provides unique access to NLM's rich resources.

[Copyright, Privacy, Accessibility, Site Map, Viewers and Players](#)  
U.S. National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20894  
[National Institutes of Health, Health & Human Services](#)  
[Freedom of Information Act, Contact Us](#)



# NLM Teacher Resources Sheet



## Biology

### **Against the Odds: Making a Difference in Global Health (Grades 9-12+)**

How communities work to improve quality of life. Classroom resources included.

[apps.nlm.nih.gov/againsttheodds](https://apps.nlm.nih.gov/againsttheodds)

### **MedlinePlus® (Grades 6-12+)**

Easy to read health information. An excellent source for all ages. Also available in Spanish.

[medlineplus.gov](https://medlineplus.gov)

### **Rewriting the Book of Nature: Charles Darwin and the Rise of Evolutionary Theory (Grades 9-12+)**

Explore the scientific discoveries and contributions of Charles Darwin.

[nlm.nih.gov/exhibition/darwin/index.html](https://nlm.nih.gov/exhibition/darwin/index.html)

### **PubMed®/MEDLINE® (Grades 11-12+)**

A citation index for articles from medical and life science journals. View the PubMed tutorial for site navigation.

[pubmed.gov](https://pubmed.gov)

### **Visible Human Project® (Grades 6-12+)**

Complete, anatomically detailed, 3D representations of the normal male and female human bodies.

[nlm.nih.gov/research/visible/visible\\_human.html](https://nlm.nih.gov/research/visible/visible_human.html)

## Environmental Health Science

### **Engaging Educational Animations (Grades 6-8)**

Educational Animations that convey complex environmental health concepts.

[kidsenvirohealth.nlm.nih.gov/generic/3/videos](https://kidsenvirohealth.nlm.nih.gov/generic/3/videos)

### **Environmental Health Student Portal (Grades 6-8)**

Connects middle school students to environmental health information.

[kidsenvirohealth.nlm.nih.gov](https://kidsenvirohealth.nlm.nih.gov)

### **Household Products Database (Grades 6-12+)**

Learn about the potential health effects of chemicals in common household products.

[hpd.nlm.nih.gov](https://hpd.nlm.nih.gov)

### **TOXMAP® (Grades 9-12+)**

Uses maps of the United States to visually explore Superfund and Toxic Release Inventory data from the EPA. Includes classroom materials.

[toxmap.nlm.nih.gov/toxmap](https://toxmap.nlm.nih.gov/toxmap)

### **ToxMystery™ (Grades 1-5)**

Interactive site teaching elementary school students about toxic substances in the home. Includes lesson plans and activities.



# Support Your Institution and Your Community!

- Help your students/parents/colleagues be informed about health and science
- Provide health/science resources for parents, kids, youth
- Connect with the community through collaboration and information
- Look to NN/LM PNR for great resources and opportunities.





Thank You!

Questions?



**Carolyn Martin, MLA, AHIP**

**Consumer Health Coordinator**

**National Network of Libraries of Medicine, Pacific NW Region**

**`martinc4@uw.edu`**

**[NN/LM PNR website](https://nnlm.gov/pnr)** <https://nnlm.gov/pnr>

**[Presentation resources](https://nnlm.gov/pnr/training/presentations)**

<https://nnlm.gov/pnr/training/presentations>